

SIGNS OF TEEN DEPRESSION

Depression

Depression is an emotional problem that increases a person's risk of suicide. The following signs indicate that a teen may be depressed:

- o A sudden worsening in school performance
- o Withdrawal from friends and extracurricular activities
- o Expressions of sadness and hopelessness, or anger and rage
- o A sudden, unexplained decline in enthusiasm and energy
- o Overreaction to criticism
- o Lowered self-esteem, or feelings of guilt
- o Indecision, lack of concentration, and forgetfulness
- o Restlessness and agitation
- o Changes in eating or sleeping patterns
- o Unprovoked episodes of crying
- o Sudden neglect of appearance and hygiene
- o Seeming to feel tired all the time, for no apparent reason
- o Use of alcohol or other drugs

Some Warning Signs Demand Immediate Action:

- Announcing that the person has made a plan to kill him- or herself
- Talking or writing about suicide or death
- Saying things like:
 - o *I wish I were dead.*
 - o *I'm going to end it all.*
 - o *You will be better off without me.*
 - o *What's the point of living?*
 - o *Soon you won't have to worry about me.*
 - o *Who cares if I'm dead, anyway?*
- Staying by him- or herself rather than hanging out with friends and family
- Expressing the belief that life is meaningless
- Giving away prized possessions
- Neglecting his or her appearance and hygiene
- Dropping out of school or social, athletic, and/or community activities
- Obtaining a weapon or another means of hurting him- or herself (such as prescription medications)

What to do if you or a friend shows signs of depression or thoughts of suicide:

If you are thinking about suicide or hurting yourself, or if you think someone you know is seriously thinking about suicide, PLEASE TALK TO A RESPONSIBLE ADULT or call (800) 273-TALK (8255). This Suicide Prevention Lifeline is available 24/7. Your school counselor and your parents are also good resources.