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TEEN DEPRESSION KNOW THE SIGNS

Depression is an illness that affects our moods, thoughts and behaviors. **Five or more of these symptoms** must be present most of every day for at least two weeks or more:

- Sad, depressed or irritable mood
- Loss of interest or pleasure in favorite activities
- Significant weight loss or gain or change in eating habits
- Change in sleep patterns
- Restlessness or agitation
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Trouble concentrating or making decisions
- Repeated thoughts of death or suicide

DEPRESSION IS COMMON, CAN BE SERIOUS AND IS TREATABLE.

If you think you may have depression, **you are not alone.** Understand that it can get better but you need to take action. Tell a caring adult who can help you to get an evaluation from a doctor or mental health professional.

IN CRISIS AND ALONE?

Call 1.800.273.8255
or text "LISTEN" to 741-741

IMMEDIATE RISK OF SAFETY?
Call 911.



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GOOD MENTAL HEALTH IT'S FOR EVERYONE

Good mental health is about creating a lifestyle of balance and reducing the impact of stress. We can all practice ways to stay mentally healthy. **Here's how:**

- Eight to ten hours of sleep per night
- Three nutritious meals per day
- Three or more days of exercise a week
- Avoid drugs and alcohol
- Take care of your physical health
- Engage in activities that bring happiness
- Spend time with favorite people
- Relaxation exercises, i.e. a bubble bath, deep breathing, meditation, a walk in nature
- Maintain reasonable expectations and boundaries
- Ask for help and support when needed

WHERE TO GO FOR HELP

Write down the name of a caring adult you can go to if you need help.



Erika's Lighthouse
erikaslighthouse.org



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