

# DEPRESSION IN ADOLESCENTS

## DATA

According to Mental Health America, Washington state ranked **39** in Youth Ranking. The ranking indicates *higher* prevalence of mental illness and *lower* rates of access to care in 2022 Youth Data.

## CONTRIBUTING FACTORS

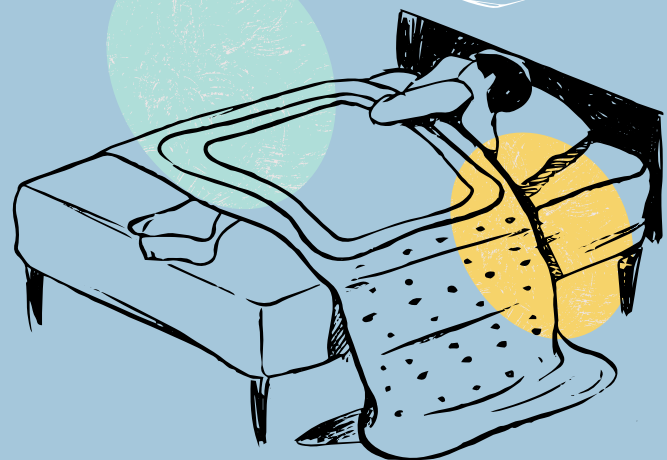
- Peer pressure to conform
- Identity rejected by others
- Social media
- Relationship with peers
- Relationship with family
- Home environment

## RISK FACTORS

- Violence
- Bullying
- Harsh parenting
- Limited access to support
- Stigma
- History of trauma during early childhood

## WARNING SIGNS

- Feeling of sadness
- Increase in self-criticism
- Extreme sensitivity to rejection or failure
- Lose interests in pleasurable activities
- Thoughts of dying; self harm
- Irritability
- Social isolation
- Trouble concentrating
- Poor academic performance or frequent absences



## PROTECTIVE FACTORS

- Support from others
- Positive relationship with peers and family
- Good emotional regulation skills
- Physical and psychological safety
- Support when accessing help
- Activities that promote healthy wellbeing
- Self-care

## RESOURCES

- 911
- Crisis Connection: 206-461-3222
- Teen Link: 1-866-TeenLink
- National Suicide Prevention: 988
- School counselors
- YES counselor

## Reference

- "Mental Health of Adolescents." World Health Organization, World Health Organization, [www.who.int/news-room/fact-sheets/detail/adolescent-mental-health](http://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health). Accessed 26 Dec. 2023.
- "Risk and Protective Factors for Youth." Risk and Protective Factors for Youth | Youth.Gov, [youth.gov/youth-topics/youth-mental-health/risk-and-protective-factors-youth#:~:text=Risk%20and%20Protective%20Factors%20for%20Mental%2C%20Emotional%2C%20and,of%20mentors%20and%20support%20for%20deve%20...%20](http://youth.gov/youth-topics/youth-mental-health/risk-and-protective-factors-youth#:~:text=Risk%20and%20Protective%20Factors%20for%20Mental%2C%20Emotional%2C%20and,of%20mentors%20and%20support%20for%20deve%20...%20). Accessed 26 Dec. 2023.
- "Teen Depression." Mayo Clinic, Mayo Foundation for Medical Education and Research, 12 Aug. 2022, [www.mayoclinic.org/diseases-conditions/teen-depression/symptoms-causes/syc-20350985](http://www.mayoclinic.org/diseases-conditions/teen-depression/symptoms-causes/syc-20350985).
- "Teen Depression." Mayo Clinic, Mayo Foundation for Medical Education and Research, 12 Aug. 2022, [www.mayoclinic.org/diseases-conditions/teen-depression/symptoms-causes/syc-20350985](http://www.mayoclinic.org/diseases-conditions/teen-depression/symptoms-causes/syc-20350985).



**“Depression is being colorblind  
and constantly told how  
colorful the world is”**

**-Atticus**

