Teen Depression: More than just moodiness



Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

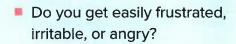
Do I have depression?



Do you often feel sad, anxious, worthless, or even "empty"?



Have you lost interest in activities you used to enjoy?





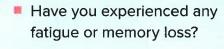
Do you find yourself withdrawing from friends and family?



Are your grades dropping?



Have your eating or sleeping habits changed?





Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

How do I get help for depression?

You're not alone, and help is available. You can feel better. To get help:



■ Talk to a trusted adult (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.



Ask your doctor about options for professional help. Depression can be treated with psychotherapy (also called "talk therapy"), medication, or a combination of medication and talk therapy.



Try to spend time with friends or family, even if you don't feel like you want to.



Stay active and exercise, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.



Try to keep a regular sleep schedule.



Eat healthy foods.

For immediate help, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or visit www.suicidepreventionlifeline.org.

