

10 WAYS TO HELP YOUR TEEN DEAL WITH DEPRESSION



1. TAKE ACTION WHEN NECESSARY

The health and safety of your child is always the top priority. If your child is in immediate danger of harming themselves or others, **DO NOT HESITATE: DIAL 9-8-8**, the National Suicide and Crisis Hotline.

2. RECOGNIZING DEPRESSION

Depression can be difficult to see because all teens can be sad or moody. Sadness or moodiness that lasts for weeks or longer can be a sign of depression.

3. KNOW THE CAUSES

There is no single cause for teenage depression. Genes, hormones, and life events can all play a role. If there is a family history of mental illness or trauma in a teen's life, depression may be more likely.

4. KNOW THE MENTAL SYMPTOMS

These include a negative outlook, decreased interest or enjoyment in things, thoughts or talk of suicide, and doing poorly in school.

5. KNOW THE PHYSICAL SYMPTOMS

Low energy and changes in sleeping or eating can suggest that your teen may be suffering from depression.

6. KNOW THE SOCIAL SYMPTOMS

If your teen is dealing with depression, you may see them distance themselves from friends and family or engage in risky or harmful behaviors, like drug and alcohol use or self-harm.

7. COMMUNICATE

If you think your teen is depressed, having honest and open communication is an important first step. Let them know you want to understand what they are going through and that you are there to listen if they want to talk.

8. GET HELP

Therapy, especially early on, can be an effective way to help teens deal with depression. Problems can last or get worse if they are not treated.

9. PROVIDE SUPPORT

In addition to therapy, teens who are depressed can benefit greatly from support that comes from parents and other adults in their lives.

10. DO NOT JUDGE

Avoid using phrases like "Just snap out of it" or "Get over it." Saying things like this will only alienate your child and make the situation worse.



A PARENT'S ROLE

It can be challenging to have a teen who is battling depression, but fortunately, there are a variety of resources you can use to help your child. The list provided here offers you guidance, but it is important that you work with a mental health professional to put your child in the best position to thrive.

The specific course of treatment for your child will depend on their situation, but you always need to remember the three things you can do to help: Communicate, understand, and stay involved. Many teens and families have faced depression before and overcome it. You are not alone, and you can help your teen.

YOU CAN HELP YOUR TEEN WITH DEPRESSION

ADDITIONAL RESOURCES

Suicide and Crisis Lifeline
9-8-8
988lifeline.org/