

Break Free From Depression



What Parents Might Notice

<ul style="list-style-type: none"> Depressed, irritable, sad, or empty mood for at least 2 weeks 	<ul style="list-style-type: none"> Irritable or cranky mood, preoccupation that life is meaningless
<ul style="list-style-type: none"> Decreased interest or decreased enjoyment in once-favorite activities and people 	<ul style="list-style-type: none"> Loss of interest in sports or activities, withdrawal from friends and families, relationship problems
<ul style="list-style-type: none"> Sleeping too much or too little 	<ul style="list-style-type: none"> Excessive late night activities, having difficulties falling asleep or staying asleep, having trouble getting up in the morning, late for school
<ul style="list-style-type: none"> Physical agitation or slowness 	<ul style="list-style-type: none"> Taking a long time to complete a task, pacing back and forth and/or excessive repetition of behaviors
<ul style="list-style-type: none"> Fatigue or loss of energy 	<ul style="list-style-type: none"> Social withdrawal, napping, withdrawal from usual activities, boredom
<ul style="list-style-type: none"> Low self-esteem, feeling guilty 	<ul style="list-style-type: none"> Making critical comments about themselves, having behavior problems at home or school, being overly sensitive to rejection
<ul style="list-style-type: none"> Decreased ability to concentrate, indecisive 	<ul style="list-style-type: none"> Poor performance at school, dropping grades, frequent absences
<ul style="list-style-type: none"> Unexplained aches and pains 	<ul style="list-style-type: none"> Frequent complaints of physical pain (stomachaches, headaches), frequent visits to school nurse
<ul style="list-style-type: none"> Recurrent suicidal thoughts or behavior 	<ul style="list-style-type: none"> Writing about death, giving away favorite toys or belongings, "you would be better off without me"

PARENT RESOURCES

If you want to find out more information about depression and suicide in adolescents and/or how to get them further support, here are some helpful websites:

- www.helpguide.org
- www.save.org
- www.familyaware.org
- www.thetrevorproject.org
- www.suicidepreventionlifeline.org
- www.yourlifeyourvoice.org
- www.hopeline.com
- www.thebalancedmind.org
- www.afsp.org
- www.halfopus.org
- www.jedfoundation.org

If you need help obtaining a referral for a therapist for your adolescent, please contact your pediatrician or local community health center.

This website can also be a guide for finding help:

www.findtreatment.samhsa.gov

If you are experiencing a crisis or an emergency, here are the numbers to call:

- **Emergency services:** 911
- **Suicide hotline:** 1-800-273-TALK
- **Teen help line:** 1-978-688-TEEN