WHAT IS DEPRESSION?

Teen depression is a serious mental health problem that causes a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ feeling of sadness and loss of interest in activities. It affects how your teenager thinks, feels and behaves, and it can cause emotional, functional and physical problems.

SYMPTOMS

* A change in attitude and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Emotional Changes
* Feelings of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Feeling hopeless or empty
* Irritable or annoyed mood
* Frustration or feelings of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Loss of interest or pleasure in normal activities
* Loss of interest in, or conflict with, family and friends
* Low self-esteem
* Feelings of worthlessness or guilt
* Fixation on past failures self-criticism
* Extreme sensitivity to rejection or failure, and the need for excessive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Trouble thinking, concentrating, making decisions and remembering things
* Ongoing sense that life and the future are grim and bleak
* Frequent thoughts of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, dying or suicide

Behavioral Changes:

* Tiredness and loss of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Insomnia or sleeping too much
* Changes in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Use of alcohol or drugs
* Agitation or restlessness
* Slowed thinking, speaking or body movements
* Social \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Frequent complaints of unexplained body aches and headaches
* Poor school performance or frequent absences from school
* Neglected \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Angry outbursts, disruptive or risky behavior, or other acting-out behaviors
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ — for example, cutting, burning, or excessive piercing or tattooing
* Making a suicide plan or a suicide attempt

WHEN TO SEE A DOCTOR

* When symptoms continue or begin to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in your life.
* If you think you may be depressed — or you have a friend who may be depressed — don't wait to get help. Talk to a health care provider such as your doctor or school nurse. Share your concerns with a parent, a close friend, a spiritual leader, a teacher or someone else you trust.

CAUSES – Unknown…

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Neurotransmitters are naturally occurring brain chemicals that carry signals to other parts of your brain and body. When these chemicals are abnormal or impaired, the function of nerve receptors and nerve systems change, leading to depression.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **-** Changes in the body's balance of hormones may be involved in causing or triggering depression.

**Inherited traits -** Depression is more common in people whose blood relatives also have the condition.

**Early childhood trauma -** Traumatic events during childhood, such as physical or emotional abuse, or loss of a parent, may cause changes in the brain that make a person more susceptible to depression.

**Learned patterns of**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **thinking -** Teen depression may be linked to learning to feel helpless — rather than learning to feel capable of finding solutions for life's challenges.

RISK FACTORS

* Negative self-esteem
* Having been the victim or witness of violence, such as physical or sexual abuse
* Having other conditions, such as bipolar disorder, an anxiety disorder, a personality disorder, anorexia or bulimia
* Having a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or attention-deficit/hyperactivity disorder (ADHD)
* Having ongoing pain or a chronic physical illness such as cancer, diabetes or asthma
* Having a physical disability
* Having certain personality traits, such as low self-esteem or being overly dependent, self-critical or pessimistic
* Abusing alcohol, nicotine or other drugs
* Being gay, lesbian, bisexual or transgender in an unsupportive environment
* Family \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and issues with family or others
* Having a parent, grandparent or other blood relative with depression, bipolar disorder or alcoholism
* Having a family member who committed suicide
* Having a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ family and conflict
* Having experienced recent stressful life events

TREATMENT

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Medication**
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LIFE STYLE/HOME REMEDIES

* **Stick to the treatment plan.**
* **Learn about depression.**
* **Encourage communication with loved ones.**
* **Pay attention to warning signs.**
* **Make sure to adopts**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **habits.**
* **Avoid alcohol and other drugs.**

COPING AND SUPPORT

* **Make and keep healthy**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**
* **Stay**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**
* **Ask for help.**
* **Have realistic**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**
* **Simplify life.**
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **time.**
* **Keep a private journal.**
* **Connect with other teens who struggle with depression.**
* **Stay healthy.**

PREVENTION

* + **Take steps to control stress**
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **for friendship and social support**
  + **Get treatment at the earliest sign of a problem**
  + **Maintain ongoing**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**