

RECOGNIZING DEPRESSION

It's normal to feel sad or down occasionally, especially during middle or high school. The expectations of your teachers, family, and friends (and the fear of not meeting them) can create stress and worry. You may feel unsure of yourself or wonder how you fit in. Bodies go through major changes. The idea of preparing for college or making decisions about your future can be overwhelming. On top of that, you face choices about friendships, sex, alcohol, and drugs. You may feel like you are getting mixed messages from parents, teachers, friends, and society.

Feeling down from time to time is different than having depression. When you have depression, it feels like there is a dark cloud over everyone and everything, and it is hard to feel good.

Signs of depression

It is important to recognize depression so it can be treated. The earlier you get help, the sooner you can get back to feeling like yourself. If you have some of the symptoms below and they aren't going away, you might be dealing with depression.

- Having trouble with schoolwork
- Not participating in activities you used to enjoy
- Sadness and hopelessness
- Lack of enthusiasm, energy, or motivation
- Anger and rage
- Overreaction to criticism
- Feelings of being unable to meet expectations
- Low self-esteem
- Trouble with making decisions, lack of concentration, or forgetfulness
- Restlessness and agitation
- Changes in eating or sleeping patterns
- Rebelling against parents, teachers, or other authority figures
- Suicidal thoughts or actions

Don't suffer in silence

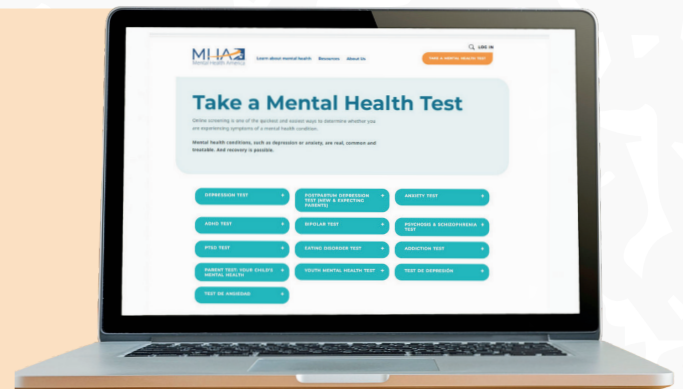
Depression can make people feel hopeless about their current circumstances or the future. Left untreated, depression can cause some young people to think about taking drastic actions.

If you see posts on social media or hear people say things that suggest they might be planning to hurt themselves or other people, tell an adult right away. If you feel this way, don't suffer in silence! **It is important to remember that there is help and there is hope.**

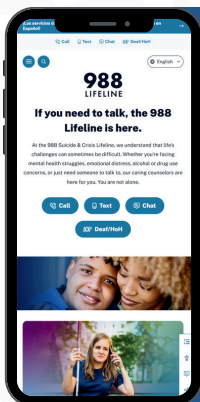


MHAScreening.org is an anonymous, free, and private way to learn about your mental health and see if you are showing warning signs of a condition. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with someone you trust about your mental health.

Take a screen



If you just don't feel right or notice that someone else is struggling, it's important to get help. Reach out to a friend or trusted adult and tell them how you feel or that you are worried about someone. If you need help starting a conversation, visit mhanational.org/timetotalk for tips.



In crisis?

Call or text 988, chat at 988lifeline.org, or text HOME to 741741. Trained counselors are available 24/7.

Sources

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: American Psychiatric Publishing.

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