



Gateway to Success Parents' Newsletter

Depression in Teens: More than feeling Sad



Feeling sad is a "normal" feeling that many people experience. However, depression is more than feeling sad and blue every once in a while. Depression is when a person feels a pervasive sense of sadness. 1 in 10 children and teens experience depression and teens often do not know what is going on and how to express it. That is why it is important for parents to understand the signs and symptoms of adolescent depression.

Signs and Symptoms

- Continuous feelings of sadness, hopelessness, worthlessness and/or guilt
- Irritability or anger. Depression in children and teens can be displayed through anger
- Social withdrawal and loss of interest in activities that were once considered enjoyable
- Changes in appetite and sleep either increased or decreased amounts
- Fatigue and low energy
- Difficulty concentrating, attention and/or poor grades
- Physical complaints (such as stomachaches, headaches) that do not remediate
- Thoughts of death or suicide. If this is the case seek help immediately

What to Do About It

Listen and observe your teen for these signs and symptoms. When you notice that your teen is not his or her "usual" self, seek the help of professionals. You might want to go to your teen's medical doctor to rule out any health issues first. If all other medical issues do get ruled out, consider taking your teen to a therapist who can help you and your teen understand the depression and how to relieve it. Also, counseling services are available to your teen at his or her school. Talk to your teen's teacher or school administrator if you are interested in referring your teen for counseling services.

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For more information contact the Director of Pupil Services (626) 943-3410

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