

What Parents Need to Know about Teen Depression



The teenage years are full of emotional and physical changes that can create a very challenging time for parents and their teenagers. These developmental changes can create a roller coaster ride of good and bad days for teens. Most teenagers manage to get through the ups and downs that occur during this time without the need for professional help. Teenagers, like adults, will have days when they feel down or sad.

What is difficult for parents, is determining when your teen's bad days are something to be concerned about. Although adults have the ability to access help, teens generally rely on their peers. It is important as a parent to be informed about the signs and symptoms of teen depression and what to do.

Below is a list of symptoms which may indicate depression, particularly when the symptoms last for more than two weeks:

Symptoms of Depression may include:

- Loss of interest in usual activities
- Isolation and withdrawal from friends and family
- Frequent crying or sadness
- Changes in normal eating and sleeping patterns
- Lack of energy
- Feeling of emptiness and unimportance
- Thoughts of ending their life, or thoughts about death



Differences in Teen Depression may include:

- Angry, annoyed, or easily irritated
- Unexplained aches and pain's
- Overly sensitive to criticism
- Withdrawal from most people except one or two friends

Teens living with untreated depression experience a variety of problems throughout their life. They may begin having problems at school, using and abusing substance, or running away from home. As a parent, it is reassuring to know that teen depression is treatable, and positive results can occur with appropriate help. If you feel your child is in imminent danger from depression and having thoughts of death or suicide, you should take your teen to the nearest emergency room or call 911.

Child & Family Services of Saginaw

the counseling center • employee wellness center • sexual assault center

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