

# Parent's Guide to Teen Depression

## Signs and symptoms of depression in teens

Unlike adults, who have the ability to seek assistance on their own, teenagers rely on parents, teachers, or other caregivers to recognize their suffering and get them the help they need. But that isn't always easy. For one, teens with depression don't necessarily appear sad. Instead, irritability, anger, and agitation may be the most prominent symptoms.

## Signs and symptoms of teen depression:

- Sadness or hopelessness
- Irritability, anger, or hostility
- Tearfulness or frequent crying
- Withdrawal from friends and family
- Loss of interest in activities
- Poor school performance
- Changes in eating and sleeping habits
- Restlessness and agitation
- Feelings of worthlessness and guilt
- Lack of enthusiasm and motivation
- Fatigue or lack of energy
- Difficulty concentrating
- Unexplained aches and pains
- Thoughts of death or suicide

## Suicide warning signs to watch for

- Talking or joking about committing suicide
- Saying things like, "I'd be better off dead," "I wish I could disappear forever," or "There's no way out"
- Speaking positively about death or romanticizing dying ("If I died, people might love me more")
- Writing stories and poems about death, dying, or suicide
- Engaging in reckless behavior or having a lot of accidents resulting in injury
- Giving away prized possessions
- Saying goodbye to friends and family as if for the last time
- Seeking out weapons, pills, or other ways to kill themselves

Reference: <https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm>