

RED FLAGS OF DEPRESSION

- ▶ SAD OR IRRITATED MOOD
- ▶ RESTLESSNESS OR AGITATION
- ▶ FEELINGS OF WORTHLESSNESS OR GUILT
- ▶ LOSS OF ENERGY
- ▶ TROUBLE CONCENTRATING OR MAKING DECISIONS
- ▶ LOSS OF INTEREST IN FAVORITE ACTIVITIES
- ▶ CHANGE IN EATING HABITS
- ▶ CHANGE IN SLEEP
- ▶ SELF-INJURY
- ▶ THOUGHTS OF SUICIDE

5 or more symptoms everyday for **2** weeks or more

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING, TELL A TRUSTED ADULT.

THERE IS HOPE

IN CRISIS AND ALONE?

Call 1.800.273.8255 or
Text "MT" to 741741

TEEN DEPRESSION IS.....



AN ILLNESS
MARKED BY A CHEMICAL IMBALANCE THAT IMPACTS MOODS, THOUGHTS, AND BEHAVIORS

COMMON
20%
OF TEENS WILL DEVELOP DEPRESSION BEFORE ADULTHOOD

SERIOUS
#1
DEPRESSION IS THE

TREATABLE
TREATMENT FOR DEPRESSION CAN INCLUDE TALK THERAPY OR A COMBINATION OF TALK THERAPY AND MEDICATION

EVERYONE CAN PRACTICE GOOD MENTAL HEALTH

EAT THREE NUTRITIOUS MEALS PER DAY

GET 2 1/2 HOURS OF EXERCISE EACH WEEK

GET 8 TO 10 HOURS OF SLEEP PER NIGHT

AVOID HARMFUL SUBSTANCES

DO THE THINGS AND SURROUND YOURSELF WITH THE PEOPLE THAT BRING YOU JOY