

Resources

211 San Bernardino

Dial 211 to get information & referrals for health and social services.

Get connected with a live operator 24 hours a day, 7 days a week.

ACCESS Unit

Children, Youth and Family Services

888-743-1478 or 888-743-1481

National Alliance on Mental Illness

www.nami.org

National Institute of Mental Health

www.nimh.nih.gov

National Mental Health Association

www.nmha.org

Families for Depression Awareness

www.familyaware.org



*Promoting Wellness,
Recovery, and
Resilience*



Phone: 1-800-722-9866

County of San Bernardino
Department of Behavioral Health

Revised 3/10

Teenage Depression



***"NOW'S THE TIME
FOR CHANGE"***

County of San Bernardino
Department of Behavioral Health

What is Teenage Depression?

Research shows that depression is a common condition that can result from stress in people who are vulnerable because of their genetic or biological makeup. Some people develop depression because of a chemical imbalance in their brain started by stress from loss, humiliation, or failure.

Symptoms of Depression

- ▶ Changes in eating or sleeping patterns
- ▶ Poor performance in school
- ▶ Withdrawal from friends & activities
- ▶ Energy loss
- ▶ Sadness or irritability
- ▶ Concentration problems
- ▶ Poor self-esteem or guilt
- ▶ Feeling edgy or slowed down
- ▶ Suicidal thoughts

These symptoms may indicate depression, particularly when they last for more than two weeks.



Recent surveys indicate that as many as one in five teens suffers from clinical depression.

Treating Teenage Depression

Therapy can help teens understand why they are depressed and learn how to cope with stressful situations.

Some of the most common and effective ways to treat depression in adolescents are:

- ▶ Psychotherapy (Counseling)- provides teens an opportunity to explore events and feelings that are painful.
- ▶ Cognitive-behavioral therapy - helps teens change negative patterns of thinking & behaving.
- ▶ Interpersonal therapy - focuses on how to develop healthier relationships.
- ▶ Medication - relieves some symptoms of depression & is often prescribed along with therapy.

Risks of not seeking help

- ▶ Likely to have ongoing problems in school, home, & with friends.
- ▶ Four out of ten will have a second episode of depression within 2 years.
- ▶ Increased risk of substance abuse, eating disorders and pregnancy.
- ▶ Over half of depressed youth will eventually attempt suicide and at least 7% will ultimately die as a result.

Untreated depression is the single most significant risk factor for suicide.



Looking to the Future

When adolescents are depressed, they have a tough time believing that their outlook can improve. But professional treatment can have a dramatic impact on their lives. It can put them back on track & bring them hope for the future.