



Teen and Depression

Development

Teens are in a process of intense physical, cognitive and social development. They are becoming more aware of themselves, forming identity, their brains are highly sensitized to risk and reward.

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence2.html>

Signs of depression include eating and sleeping disturbances, depressed mood most of the day every day, low energy, lack of interest or pleasure in things, concentration problems, low self esteem/negative self image, restlessness or lethargy, thoughts of death or suicide.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3488279/>

Sex hormones (estrogen) make girls twice as vulnerable to internalizing symptoms (withdrawal, sadness, low self-esteem). Boys may tend to exhibit depression with irritability, behavioral problems/fighting (acting out or externalizing symptoms). Both girls and boys have higher risk for using substances or connecting with poor peer influences when depressed.

<https://archives.drugabuse.gov/blog/post/its-all-about-hormones>

Self Harm, Eating Disorders and Suicide Risk

Find resources in your community for professional evaluation and treatment

<https://suicidepreventionlifeline.org/>

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

<https://www.crisistextline.org/topics/self-harm/>

Substance Abuse

<https://www.samhsa.gov/find-help/national-helpline>

