

## Teen depression: Not just mood swings

**T**eenagers can feel many emotional highs and lows as their bodies and brains change. But teens who seem to experience more lows, and for long periods of time, could have more than mood swings. They may have depression. As teens develop, their brains are growing. They may not have the tools they need to deal with their emotions.



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### Quick facts on depression:

**1** Signs of depression include sleeping too much or too little or at odd times. They also include eating too much or not enough. Teens with depression can have a hard time paying attention, or feel guilty or suicidal.



**2** Depression can affect how teens cope with life. Teens have extra stress in their lives, such as school and fighting with friends or family. Those things do not mean a teen is depressed. But they may be affected by depression.

**3** Parents can ask teens about how they are doing if they think they are depressed. A health care provider or mental health professional can help.

**4** Depression should be treated as soon as possible. The longer it is not treated, the harder it is to feel better. This is important for teens, who are growing and learning, which takes focus and energy.

**5** Therapy can help treat depression. Some teens may need prescription medication as well. Following healthy habits can also help.



>> For more information on teen depression, visit [www.nimh.nih.gov](http://www.nimh.nih.gov)