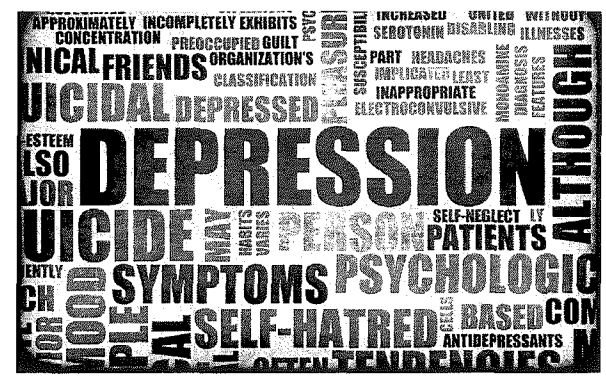


Communities In Schools Houston

Making a Difference



Teenage Depression (HELPFUL TIPS)

Some information:

- Depression is the most common mental health diagnosis among teens and adults.
- About 20 percent of teens will experience depression before they reach adulthood.
- Episodes of teen depression generally last about 8 months.
- Depression among teenagers can occur regardless of gender, social background, income level, race or school achievements.
- Teenager girls report suffering from depression more often than boys though this may be due to boys being less likely to seek help or even realize that they are experiencing the symptoms.

Some of the signs:



- Acting-out behavior (stealing, violence, self-injury)
- Declining self-care and hygiene
- Sadness, irritability, anxiousness, guilt
- Loss of interest or hopelessness
- Lack of concentration and memory of detail
- Restlessness, agitation
- Low energy and tiredness
- Not sleeping or sleeping too much
- Not eating or overeating
- Aches, pains, headaches, cramps or digestive problems
- Expressing suicidal thoughts and feelings

Some of the triggers:

- Difficulties with peers (resisting deviant pressure, being bullied, trying to fit in)
- Challenges of difficulties in school (academic or social)
- Fighting or breaking up with a boyfriend or girlfriends
- Loss of a family member or friend
- Being in a family that is going through a separation, divorce or facing other hardships
- Being in a family where there is physical, emotional or sexual abuse
- Substance use or abuse

Some things you can do:

- Recognize the signs of depression
- Don't be afraid to ask how a teenager is feeling
- Care enough to listen
- Seek supportive service

We are here to help

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