



# For Teens: Depression

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Depression is a medical illness that involves feelings of **overwhelming sadness** and a **loss of interest in daily activities**. It is normal for mood to fluctuate from day to day. When mood does not recover and you begin pulling away from what you would typically enjoy doing, this could mean you are experiencing depression.

## What are some signs of depression?

- Withdrawal from friends, family, and school
- Feeling hopeless
- Change in sleeping and/or eating patterns
- Physical pain
- Thoughts of death or suicide
- Missing school
- Declining grades
- Drug or alcohol use
- Irritability
- Feeling worthless or helpless
- Lack of motivation to engage in preferred activities

## What can I do?

- Talk to an adult you trust about how you are feeling
- Engage in physical activity and reduce time on screens
- Avoid alcohol and drugs
- Engage in activities you previously enjoyed
- Socialize with people who make you feel good

## Where can I learn more about depression?

- Help Guide: “Teenager’s Guide to Depression”: <https://tinyurl.com/yadtayu4>
- Teen Depression”: <https://tinyurl.com/y9vbfmz>
- Visit <http://www.careguides.med.umich.edu> and search “depression”.

## Suicide help resources:

- National Suicide Prevention Lifeline: call **1-800-273-TALK (8255)** Available 24 hours a day/7 days per week
- Crisis Text Line: Text “**HOME**” to **741741** or go to <http://www.crisistextline.org>. Available 24 hours a day/7 days per week

## A strategy to try at home

### Behavior Activation

Behavior activation involves engaging in pleasurable activities on a set schedule each day. These activities should be completed even if you do not feel like doing them. Activities should be social or active (e.g., walking, spending time with friends, drawing, playing basketball). It should not involve use of screens. You can start small by engaging in just 5 minutes of the activity per day and then gradually increase the duration as you feel more motivated to do so.

- Watch the following video about behavior activation:  
<https://www.youtube.com/watch?v=HBVACtJCN3M>
- **Daylio app:** Monitor mood and activities to see what types of activities help improve mood
- Use the table below to keep track of your pleasurable activities. Write down the time and type of activity, then rate your mood from 1-10.

**1 = lowest mood and 10 = best mood**

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun
Time:							
Activity:							
Mood Rating							

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