



# Depression

## Is this a teen you know?

Mental health conditions are common among teens and young adults. **1 in 5 lives with a mental health condition** — half develop the condition by age 14 and three quarters by age 24. If you see or hear signs that a teen you know is in crisis and/or struggling, learn what to do.

### What should I know?

- **25.4%** of South Dakota students, grades 9-12, felt sad or hopeless almost every day for two weeks or more in row so that they stopped doing some usual activities during the past 12 months.<sup>2</sup>
- Nearly **1 in 6** high school students had suicidal thoughts or tendencies.<sup>2</sup>
- Untreated depression is the single most significant **risk factor** for suicide.<sup>3</sup>

### What should I look for?

- Change in performance in school and sports/activities
- Withdrawal from friends and activities
- Sadness and hopelessness
- Anger and increased irritability
- Overreaction to criticism
- Change in sleep habits and/or appetite
- Suicidal thoughts
- Risk taking
- Weight gain or weight loss
- Self-harm behaviors
- Not completing activities of daily living (*personal care, clean clothes, etc.*)

#### ALL CONCERNS ABOUT SUICIDE REQUIRE IMMEDIATE ATTENTION.

All statements about suicide need to be taken seriously and are a reason to immediately alert a health care provider or seek emergency help.



### What puts my teen at risk?

- Personal or family history of depression
- Major life changes, trauma, or stress
- Substance abuse
- Certain physical illnesses and medications



## What do I do?

- Promote healthy behaviors, including physical activity, good nutrition, and sleep
- Watch for signs and symptoms of depression
- Keep a record of concerning behaviors
- Make an appointment with my teen's health care provider if I notice signs and symptoms lasting longer than two weeks.
- Follow up with mental health care provider and help my teen follow recommendations.
- Find a support system for myself (e.g. faith community, neighbors, counselor)

## Where can I learn more?

- **NAMI South Dakota:** statewide organization that provides education, support and advocacy for individuals and families impacted by mental illness - [namisouthdakota.org](http://namisouthdakota.org)
- **South Dakota Suicide Prevention:** [sdsuicideprevention.org](http://sdsuicideprevention.org)
- **Local School Resources:** such as a school counselor, school nurse, or teacher
- **Cōr Health & Wellbeing:** promotes overall well-being on Facebook and Instagram @CorHealthSD.
- **HealthySD:** physical activity, nutrition and wellness - [HealthySD.gov](http://HealthySD.gov)
- **Healthy Practices:** physical activity, good nutrition, wellness, regular sleep - [nimh.nih.gov/health/](http://nimh.nih.gov/health/)
- **Find a treatment provider:** [dss.sd.gov/behavioralhealth/](http://dss.sd.gov/behavioralhealth/)
- **National Suicide Prevention Lifeline:** 1-800-273-TALK and [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- **Center for Parent & Teen Communication:** 5 ways to support teens with depression - [parentandteen.com/adolescent-depression-5-tips/](http://parentandteen.com/adolescent-depression-5-tips/)



## FINDING OUT MORE ABOUT TEEN DEPRESSION IS IMPORTANT FOR ALL FAMILIES.

Mental health conditions are common and treatable, and there is help available for you and your teen.



1 NAMI South Dakota. (2019). Retrieved from <https://namisouthdakota.org/>

2 South Dakota Department of Health. (2007-2015). South Dakota Youth Risk Behavior Survey Summary. Retrieved from <https://doh.sd.gov/documents/statistics/YRBS2007-2015summary.pdf>

3 American Foundation for Suicide Prevention. (2019). Risk Factors and Warning Signs. Retrieved from <https://afsp.org/about-suicide/risk-factors-and-warning-signs/>