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YOU ARE NOT ALONE

Depression occurs more frequently than you think, with close to 15 percent of teens reporting one depressive episode, but depression is treatable. It's important to seek a doctor or healthcare professional when depressive symptoms are persistent (lasting longer than 2 weeks), intense, or begin to impact your daily functioning. If you have concerns regarding your own safety, call 911 or The Suicide Hotline: 988 (Spanish Language Hotline: 1-888-628-9454).

Depression is a mental health problem that causes an intense or constant feeling of sadness or loss of interest in activities. Many stressors can influence depressive symptoms and cause depression for individuals your age:

- Academic Stress
- Peer Pressure
- Relationship Problems
- Parental Separation
- Financial Problems
- Physical/Emotional Neglect

SYMPTOMS OF DEPRESSION CAN INCLUDE:

- Feelings of sadness and hopelessness
- Displaying an irritable or annoyed mood
- Loss of interest in activities
- Conflict with others
- Low self-esteem
- Fixations or extreme sensitivity to past failures
- Trouble concentrating
- Thoughts of death or dying, or having a suicide plan or attempt
- Irregular sleep
- Poor hygiene
- Angry outburst or risky behavior changes in appetite.

ARE YOU EXPERIENCING THE FOLLOWING:

If you experience 4 or more of these symptoms for at least two weeks, talk to your family or a mental health professional.

- Feelings of sadness, anxiety, irritability, fear, hopelessness or that things will never get better?
- Physical symptoms such as a change in appetite, excessive or not enough sleep, poor memory, inability to concentrate, or increased use of alcohol or drugs?
- Loss of interest or lack of motivation that result in poor academic performance, skipping class, and social withdrawal?
- Thoughts, comments or threatening death, dying or suicide?*

*Seek immediate help if you are experiencing thoughts of hurting or killing yourself.

TIPS TO MANAGE DEPRESSION



- Intentionally move your body- sometimes it is helpful to just get outside and out of your head.
- Talk to a mental health professional.
- Practice good nutrition
- Get the appropriate amount of sleep- and without your phone in the same room.
- Create a thought journal- becoming mindful of your emotional states and writing down the thoughts associated helps to identify and detach from them.
- Set appropriate goals for yourself- it's ok to take your time and to take little steps at a time that feel comfortable for you while working toward your goal. Engage in positive and joyful activities
- Stay connected with friends
- Give yourself some grace, we all experience negative emotions and working through them, acknowledging them and engaging in coping strategies can go a long way.

RESOURCES

[Understanding Depression](#)

[Suicide Prevention](#)

[MayoClinic.org](https://www.mayoclinic.org)



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