

Tips for a Healthy Family

Teen Depression

May 15, 2017



According to [Mental Health of America](#), approximately one in five teens experiences depression before adulthood. Let's face it, being a teenager is hard. There are many physical, emotional, psychological, and social changes that occur during these years. Unfortunately, teenagers of this generation are experiencing depression at a higher rate than in previous generations. With the demands of school work, extra-curricular activities, post-high school plans, social pressures regarding sex and drugs, and bullying/cyberbullying, teens are under a lot of stress. It is not uncommon for teens to be sad, moody, or pick fights with their parents, but when should we be concerned that it is more serious?

[Depression](#) is common but it causes severe symptoms that affect how a person feels, thinks, and handles everyday activities. Mental Health of America lists signs to look for, including:

- poor performance in school
- withdrawal from friends and activities
- changes in eating and/or sleeping patterns
- sadness and hopelessness
- suicidal thoughts or actions



According to the [Wyoming Department of Health](#), suicide is one of the leading causes of preventable death in Wyoming. This emphasizes the importance of addressing depression as soon as troubling signs arise.

The [National Institute of Mental Health](#) gives examples of how depression can be treated. These might include talking with a counselor or other professional, finding the right medication, eating right, exercising, and meditation. A mental health professional will be able to assist you in finding the proper course of treatment. If a person is in crisis, the Wyoming Department of Health has a [Get Help](#) link with resources that are available in Wyoming.

Some teens might also find it beneficial to share their feelings and emotions with others in a support group who are going through the same things they are. Check out MY LIFE in [Cheyenne](#) and [Laramie](#). MY LIFE benefits the youth involved by helping them build self-confidence, positive social supports and leadership skills. Students can also practice social skills, learn from presenters, and provide and receive peer mentoring.

For more information, check out our website at <http://www.uwyo.edu/wind/f2f> or follow us on Twitter [@WYF2F](#).

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under 1H84MC24069-01-00, Family Professional Partnership/CSHCN for \$95,700, 0% financed through non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

