

**YOUR SCHOOL SOCIAL WORKER
OR COUNSELOR CAN HELP YOU WITH
ADDITIONAL INFORMATION AND
SUPPORT.**

Resources

WEBSITES

CopeCareDeal - a mental health site for teens
www.copecaredeal.org

Psychology Information Online
<http://www.psychologyinfo.com/depression/teens.htm>

National Institute of Mental Health
<http://www.nimh.nih.gov/>

National Mental Health Association
<http://www.nmha.org/infoctr/factsheets/24.cfm>

HOTLINES

1-800-SUICIDE (1-800-784-2433)
<http://www.suicidehotlines.com/>

(402) 475-6695
Crisis Response Line

BOOKS

*Recovering from Depression: A Workbook
for Teens*, by Paul H. Brooks

When to Worry, by Lisa Boesky

When Nothing Matters, by Bev Caban



1-888-866-8660

For the hearing and speech impaired with
TTY equipment call 1-888-556-5117

www.nebraskafamilyhelpline.ne.gov

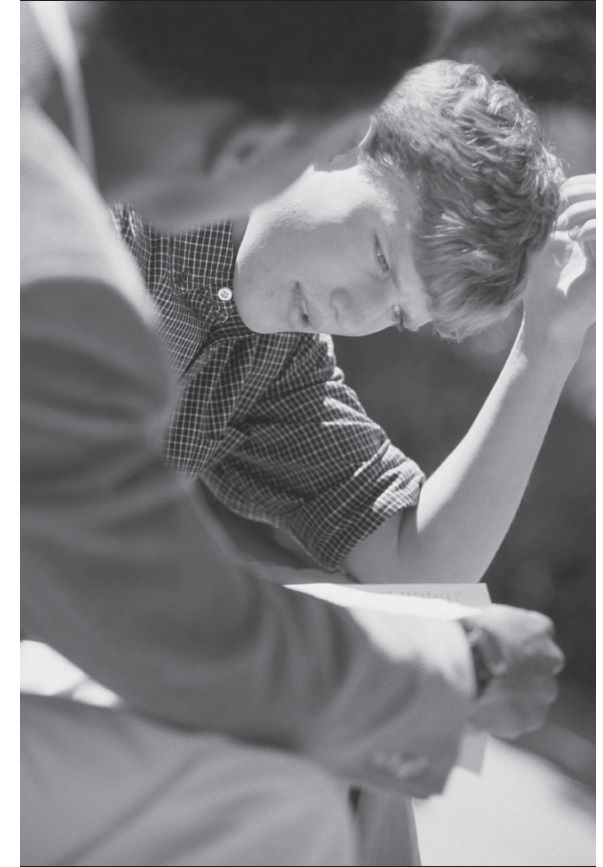
- Trained counselors 24/7/365
- Children's behavioral issues
- Parent/child conflict resolution
- Youth mental health referrals

**Need help? Don't know where to start?
Dial 2-1-1 or go to www.ne211.org.**

*Provided by LPS School Social Workers
BECAUSE FAMILIES MATTER*



About Depression Facts for Young People



Getting help for depression can change
feelings of hopelessness into feelings of
hopefulness.

 Lincoln Public Schools
Department of Student Services

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Ups and Downs Are Part of Life . . . But Depression is Different.

Depression is more than having sad feelings. Everyone feels sad at times, but depression is different. Depression lasts longer. It is a medical condition that affects feelings, thoughts and the body. Depression is not the result of personal weakness. Depression can be treated. You can feel better.

How Can I Tell If I'm Depressed?

COMMON SIGNS INCLUDE:

- Loss of interest in things you like to do
- Lack of energy or feeling restless
- Feeling sad much of the time

OTHER SIGNS:

- Feeling hopeless or crying a lot
- Feeling guilty for no real reason
- Feeling numb, like you have no feelings at all
- Feeling worthless or “not good enough”
- Feeling tense, irritable or angry
- Worrying a lot or feeling anxious
- Avoiding friends and family—isolating
- Forgetting lots of things/having trouble concentrating
- Changes in sleeping or eating patterns
- Not caring about how you look
- Thinking about hurting yourself
- Frequent headaches
- Muscle aches or stomach aches
- Skipping school
- Running away from home

- Dropping grades
- Drug or alcohol use
- Rebellious behaviors
- Risky sexual behaviors

What Causes Depression?

Becoming depressed may or may not be linked with a life event. Depression is the result of an imbalance of certain chemicals in the brain. Research shows that depression can run in families.

DEPRESSION CAN BE TRIGGERED BY:

- Death of loved one or pet
- Divorce or other family issue
- Relationship break-ups or conflicts
- Confusion about sexuality
- Moving
- Illness
- Peer problems
- Sexual abuse
- Physical or emotional abuse
- Bullying - including on social media
- An accumulation of stress and/or loss
- Sleep problems
- Lack of sunlight, especially in the winter
- No event at all

What Can I Do If I Think I'm Depressed?

TALK TO AN ADULT

Talking to a parent, other family member, pastor, school staff member, or other trusted adult can help you to sort out your feelings and find additional help.

SEEK MEDICAL HELP

Seeing your family doctor is a good first step. Your doctor can assess your condition, determine whether medication may be helpful and refer you to counseling.

CONSIDER COUNSELING

Many teens feel better when they talk about their feelings and concerns with a trained professional. Counseling can help teens understand their depression and learn how to cope.

Research has shown that depressed young people and their families can best be helped by using a combination of approaches including therapy, education, medication, and in serious cases, hospitalization.

If medication has been prescribed, parents and doctors need to work closely together to monitor its effectiveness.

IF DEPRESSION IS LEFT UNTREATED:

- It may go away by itself, but without help depression is more likely to remain or come back.
- Alcohol, other drugs or risky behaviors may be used to try to feel better—although these actually make the person feel worse.
- The risk of suicide increases. Untreated depression is the single most significant risk for suicide.

IF YOU OR SOMEONE YOU KNOW IS THINKING OR TALKING ABOUT SUICIDE: ACT!

Acknowledge how serious it is.

Care that others care for you. Show those at risk you care for them.

Tell an adult. Get help immediately.