



# Did you know?

## You are not alone

Roughly 13% of adolescents between the ages of 12 and 17 experience a major depressive episode, according to a SAMHSA 2017 National Survey on Drug Use and Health.

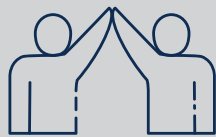
### Depression doesn't discriminate

Depression can affect children and teens of any age or gender. However, the signs and symptoms of depression can look different in children. For example, teens may complain of feeling tired, sleep more than usual, or be irritable and impatient with family and friends. They may spend excessive time in their bedroom or on their phone, immersed in social media. Their grades might drop because they are no longer doing their work, may be missing days at school, or are not performing as they once did. Some may become aggressive, for example starting fights with classmates. Teens also may turn to drugs and alcohol to mask their pain, run away from home, or engage in risky behavior.

#### Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

### Treatment works!

Seeking professional help when struggling with depression is always a good idea. Visit [NAMI Family Support Groups](#) or [Society for Adolescent Health and Medicine](#) to find help today.

Social support is key to maintaining emotional health and well-being. You don't have to be suicidal to use a crisis line – speak to someone about how you're feeling or if you're worried about a loved one by calling or texting a crisis line.

Contact the **Crisis Text Line** by texting 'TALK' to 741741

Call the **Suicide Prevention Lifeline** at 1-800-237-8255

Call the **Boys Town National Hotline** for parents and teens at 1-800-448-3000

MindWise.org

