

Name: _____

WARNING SIGNS FOR DEPRESSION

) Teenagers are notorious for being moody, and it can be difficult to judge whether a young person is exhibiting normal moodiness or clinical depression. The following signs can point to depression. The more signs a young person exhibits, and the longer they last, the more likely it is that he or she is depressed.

If it appears that a young person is depressed, it is critical to refer him or her for professional evaluation and, if necessary, treatment.

- Feelings of sadness that are ever-present and overwhelming.
- Sleep disturbances, including taking a long time to fall asleep; waking up in the middle of the night or extremely early and being unable to go back to sleep; and sleeping way too little or way too much.
- Changes in appetite, either feeling turned off food and unable to eat or, at the other extreme, overeating constantly.
- Changes in weight either extreme loss or extreme gain within a short time.
- Loss of concentration, making it hard to focus, complete tasks, and make decisions.
- Loss of interest in friends and dropping out of activities that had been enjoyable and important.
- Lack of energy. Feeling slow, lethargic, and unable to carry out ordinary daily activities.
- Neglect of personal appearance and personal hygiene.
- Restlessness, fidgetiness, and distractibility.
- Self-criticism and hyperconsciousness of personal flaws, faults and failures.
- Self-mutilation, such as cutting.
- Frequent talk about death or other signs of preoccupation with death.
- Beginning to use or increasing use of alcohol and/or other drugs.