



Depression

Is this a teen you know?

Mental health conditions are common among teens and young adults. **1 in 5 lives with a mental health condition** — half develop the condition by age 14 and three quarters by age 24. If you see or hear signs that a teen you know is in crisis and/or struggling, learn what to do.¹

What should I know?

- **35.7%** of South Dakota students, grades 9-12, felt sad or hopeless almost every day for two weeks or more in row so that they stopped doing some usual activities during the past 12 months.²
- Nearly **1 in 4** high school students seriously considered attempting suicide in the past 12 months.²
- **Depression** is the most common condition associated with suicide and it is often undiagnosed or untreated.³

What should I look for?

- Inability to concentrate and/or poor memory
- Withdrawal from friends/family and activities
- Social Isolation
- Self-harm behaviors
- Suicidal thoughts
- Sadness and hopelessness
- Frustration, anger, and increased irritability
- Feelings that things will never get better
- Change in performance in school and sports/activities
- Change in sleep habits and/or appetite
- Not completing activities of daily living (*personal care, clean clothes, etc.*)

**ALL CONCERNS
ABOUT SUICIDE
REQUIRE IMMEDIATE
ATTENTION.**

All statements about suicide need to be taken seriously and are a reason to immediately alert a health care provider or seek emergency help.



What puts my teen at risk?

- Personal or family history of depression
- Major life changes, trauma, or stress
- Substance abuse
- Certain physical illnesses and medications





What do I do?

- Promote healthy behaviors, including physical activity, good nutrition, and sleep
- Watch for signs and symptoms of depression
- Keep a record of concerning behaviors
- Make an appointment with my teen's health care provider if I notice signs and symptoms lasting longer than two weeks.
- Follow up with mental health care provider and help my teen follow recommendations.
- Find a support system for myself (e.g. faith community, neighbors, counselor)

Where can I learn more?

- **NAMI South Dakota:** statewide organization that provides education, support and advocacy for individuals and families impacted by mental illness - namisouthdakota.org
- **South Dakota Suicide Prevention:** sdsuicideprevention.org
- **Local School Resources:** such as a school counselor, school nurse, or teacher
- **Cōr Health & Wellbeing:** promotes overall well-being on [Facebook](#) and [Instagram](#) @CorHealthSD.
- **HealthySD:** physical activity, nutrition and wellness - HealthySD.gov
- **Healthy Practices:** physical activity, good nutrition, wellness, regular sleep - nimh.nih.gov/health/topics/caring-for-your-mental-health
- **Find a treatment provider:** dss.sd.gov/behavioralhealth/
- **988 Suicide & Crisis Lifeline:** Call, text, or chat 988 and visit helplinecenter.org/9-8-8/ or sdsuicideprevention.org/988-2/
- **Center for Parent & Teen Communication:** 5 ways to support teens with depression - parentandteen.com/adolescent-depression-5-tips/



FINDING OUT MORE ABOUT TEEN DEPRESSION IS IMPORTANT FOR ALL FAMILIES.

Mental health conditions are common and treatable, and there is help available for you and your teen.



1 NAMI South Dakota. (2019). Retrieved from <https://namisouthdakota.org/>.

2 South Dakota Department of Health. (2007-2015). South Dakota Youth Risk Behavior Survey Summary. Retrieved from https://doh.sd.gov/documents/statistics/YRBS_2009-2019_Summary.pdf

3 American Foundation for Suicide Prevention. (2019). Risk Factors and Warning Signs. Retrieved from <https://afsp.org/risk-factors-protective-factors-and-warning-signs>