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.)

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

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**Depression**

Is this a teen you know?

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**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 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.