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.

**What should I know?**

- **25.4%** 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.  
- Nearly **1 in 6** high school students had suicidal thoughts or tendencies.  
- Untreated depression is the single most significant **risk factor** for suicide.  

**What should I look for?**

- Change in performance in school and sports/activities  
- Withdrawal from friends and activities  
- Sadness and hopelessness  
- Anger and increased irritability  
- Overreaction to criticism  
- Change in sleep habits and/or appetite  
- Suicidal thoughts  
- Risk taking  
- Weight gain or weight loss  
- Self-harm behaviors  
- 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

**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.
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.

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/
• Find a treatment provider: dss.sd.gov/behavioralhealth/
• National Suicide Prevention Lifeline: 1-800-273-TALK and suicidepreventionlifeline.org
• Center for Parent & Teen Communication: 5 ways to support teens with depression - parentandteen.com/adolescent-depression-5-tips/