

Mental Health Information for Parents from FSUS

DEPRESSION

Major depression is one of the most common mental disorders in the United States and is characterized by depressed mood, loss of interest in daily activities, and problems with sleep, eating, energy, concentration, or self-worth. For some, depression can interfere with or limit one's ability to carry out major life activities.

Common Symptoms

- Loss of interest in activities you once enjoyed
- Changes in sleep and/or appetite
- Depressed or irritable mood
- Feelings of boredom
- Feelings of hopelessness
- Low self-esteem
- Mood swings



Facts

3.2 million of U.S. adolescents in the U.S. had at least one major depressive episode in 2017.

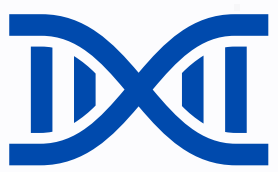
13.3% of the U.S. population were in that age range at the time.

60% of these adolescents did not receive treatment.

Female adolescents were **~13%** more likely to have had a major depressive episode.

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Origins of Depression



Biological: Depression can run in families. This suggests a genetic influence.



Psychological: The way we think and the messages we tell ourselves can have a big influence on our mood and contribute to depression.



Social: Sometimes when we have unhealthy relationships, it can have a negative impact on our mood. When we have unhealthy relationships, it can negatively impact our moods and contribute to depression.

Strategies to Help

- **Being Active:** Staying active, participating in activities, and exercise are good ways to prevent and combat depression.
- **Reaching Out:** Getting social support from people we trust can help us to feel better.
- **Sleep:** Trying to get back to a typical sleep routine for your age group can help relieve symptoms of depression.
- **Distractions:** Do something you enjoy, such as watching a movie, playing a game, going for a walk, or reading.
- **Get Help:** Depression is treatable. A mental health professional can provide therapy, medication, and other resources. Contact the school for help finding a provider.
- Stress management techniques such as deep breathing, meditation, and exercise are helpful but **should not replace** standard care.

Resources

<https://www.nimh.nih.gov/health/statistics/major-depression>

<https://www.thehelpfulcounselor.com/18-coping-skills-strategies-for-children-and-teens/>

<https://www.cdc.gov/childrensmentalhealth/depression.html>