

# TEEN DEPRESSION

IT CAN HAPPEN TO ANYONE

What is depression?

It is a treatable health problem that can be caused by a big transition in life, stress, or changes that affect your thoughts and moods in a negative way.

In some cases, people who are feeling depressive symptoms every day for at least two weeks are considered to have major depression.

Here are some symptoms of depression?

Sad  
Anxious  
Hopeless  
Guilty  
Worthless  
Helpless  
Irritable

THERE ARE WAYS YOU CAN FEEL BETTER

NEED

HELP



Talk to your:



Parents/Guardian

Teacher/Counselor

Call 1-800-273-TALK (8255)