

Health Tips

Depression in Youth

Depression is a common experience. There is help for depression. What is the difference between depression and just being sad or blue? Why do people get depressed? What can you do about depression?

Facts compared to Myths. Myths about depression often keep people from doing the right thing.

Myth: It's normal for teenagers to be moody; teens don't suffer from real depression.

FACT: Depression is more than just being moody, and it can affect people at any age, including teenagers.

Myth: Telling an adult that a friend might be depressed is betraying a trust. If someone wants help, he or she will get it.

FACT: Depression saps energy and self-esteem. Depression interferes with a person's ability or wish to get help. It is an act of true friendship to share your concerns with an adult who can help.

Myth: Talking about depression only makes it worse.

FACT: Talking through feelings with a good friend is often a helpful first step. Friendship, concern, and support can provide the encouragement to talk to a parent or another trusted adult about getting evaluated for depression.

(NIH Publication No. 01-4162;
Health Tip prepared by F. Atkins PhD,RN, CNS)

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