

6 SIGNS OF DEPRESSION IN TEENS

To identify depression in teens and plan effective interventions, you need to be able to spot the signs—even when they're subtle.

Diagnosis can be difficult as symptom severity and expression are unique to each individual and can vary with age.



Here are six signs of depression to look for when assessing teens:

1 HIDDEN SADNESS, SUPERFICIAL HAPPINESS



A public appearance that seems positive but hides anxiety, depression, and suicidal thoughts



A possibility to self-medicate with substances to relieve anxiety and stress

2 A FOCUS ON THE NEGATIVE

A tendency to interpret neutral situations negatively



A "negative interpretation bias" that amplifies sadness and hopelessness



3 BIG EMOTIONS



Emotional highs and lows that can be misdiagnosed as bipolar disorder



Sensitivity to failure and criticism that can lead to worsening depression

4 CONFLICTED ANGER

Misdirected anger stemming from a lack of agency



Combative behaviors that disrupt relationships and deepen depression



5 ACADEMIC INCONSISTENCY



Loss of motivation that can look like laziness or boredom



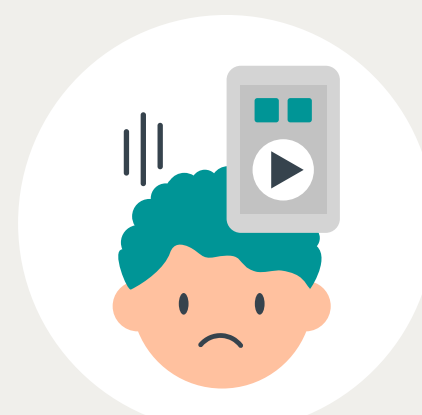
Apathy about the immediate and long-term consequences of poor grades

6 ISOLATION

Social withdrawal or changes in social relationships



Increased absorption in video games, mobile phones, or social media



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Special thanks to Melody Ott, LCSW
<https://www.wellbeingstaugustine.com/melody-ott>

