



Depression and Anxiety in Adolescence

What every teen should know



Why YOU Are Important



- **#Take30For1**
- **The Best of the Best Work with Us & You**
- **We Serve You**
- **Pledge to #EraseTheStigma**

A person with curly hair, wearing a blue t-shirt and black shorts, is running on a paved path. The background is a green-tinted image of a park with trees and a clear sky. The text is overlaid on the left side of the image.

Depression and Anxiety: They're **Not** Weaknesses



- Mental illness does not discriminate
- A normal emotion vs. an illness (not a weakness)
- The more serious consequences
 - May develop **health problems** as a result of its effects
 - May **disrupt relationships** with family & friends
 - May **affect school performance** and limit other educational opportunities
 - May lead to **substance abuse**
 - May lead to **suicide**
- They are treatable illnesses

You're not broken; this is treatable

More Common Than You Think



1 in 5 young people ages 13-18 suffer from a mental illness **(20%)**

- Of those teenagers, **30%** are undiagnosed or untreated
- Anxiety Disorders are most common (**31.9%**)

20-30% of teenagers will experience one episode of major depression before reaching adulthood

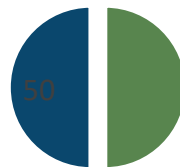
Among adolescents, anxiety and depression are more common in females than males



Before puberty occurrence:
girls = boys



After puberty occurrence:
girls > boys



50% of mental illness begins by age 14

Not just an adult problem

There is no “poster - child” for depression,

What Does Depression “Look” Like in Teens?



But...

Different than Adults

Vague physical complaints

Irritability

Changes in behavior

Cluster of Symptoms

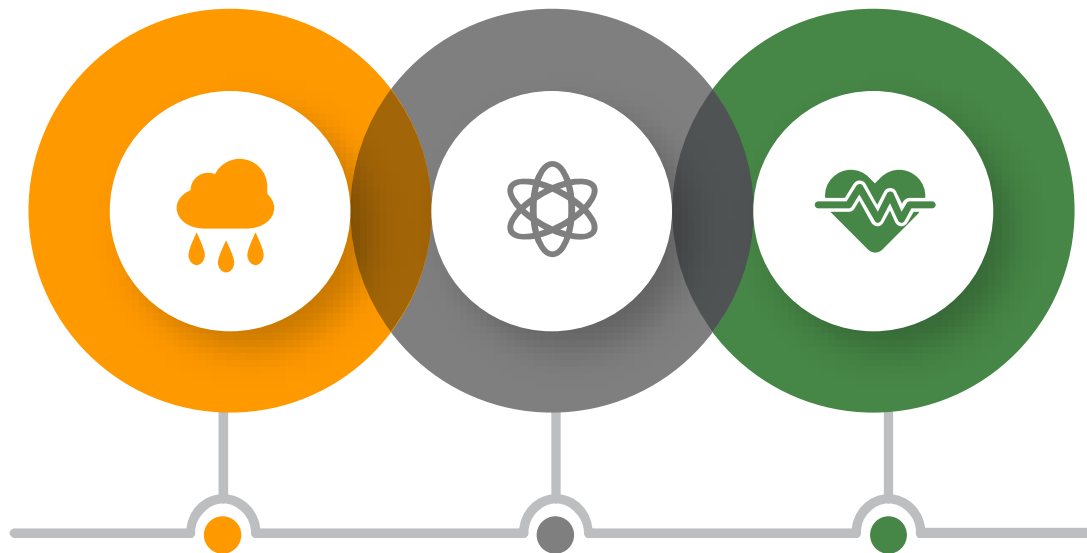
Presents for more than 2 weeks
with sadness or irritability

Interferes with teen's ability
to function at school, home,
or with friends

Depressive Episodes

Often last 6-9 months

Able to disrupt the
entire school year



Depression

Sadness

Self – critical / Worthlessness

Boredom / lack of interest or pleasure in normal activities; giving up favorite activity

Disturbance in appetite or sleep (both ends of the spectrum)

Tiredness / Fatigue

Thoughts of suicide

Overlapping Symptoms

Irritability or “cranky” mood

Excessive worrying

Agitation / Restlessness

Trouble thinking, making decisions, or concentrating leading to absences or decline in school performances

Unexplained physical complaints (headaches or stomachaches)

Anxiety

Nervousness

Feeling powerless

Having a sense of impending danger or panic

Increased heart rate

Increased breathing rate

Sweating / Trembling

Engage in risky behaviors or avoid new experiences

Signs of Anxiety and Depression in Teens



Anxiety is common in all persons and a normal part of development. Concern arises when anxiety does not subside with time or interferes with functioning.

Marijuana – Not Worth The Risks



✧ **38% of HS students used Marijuana in their life**

(CDC Fast Fact)

✧ **Marijuana use can harm the developing teen brain**

(NIH: NIDA Fact)

✧ **Marijuana:**

- **Dulls your attention, memory and learning skills – affecting academic performance**
- **Affects timing, movement and coordination – harming athletic performance**
- **Increases the risk of development of depression**
- **Increases the risk of suicidal ideation, suicide attempts, and completed suicides**
- **Increases the risk of social anxiety**
- **May exacerbate anxiety symptoms**

The Social Media Effect



On average, adolescents are online **about 9 hours a day**, excluding homework time

Potential Benefits of Social Media:

- Staying connected with friends and family
- Meeting new friends with shared interests
- Finding community and support for specific activities
- Exploring and expressing themselves
- Sharing art / music work
- Networking opportunities

Potential Risks of Social Media:

- Higher risk for depression
- Higher risk for aggression due to violent content
- Increased risk of contagion
- Exposure to suicide in unmonitored forums or discussion groups can lead to increased suicidal ideation
- Cyber-bullying



Getting **Help** for Anxiety and Depression



It's **Okay** to Seek Help

- Individual therapy
- Family therapy
- Group therapy
- Antidepressant medications (don't think “zombie-state”)
- Other interventions
- Combination treatment with medication and therapy often offers the best response

The earlier treatment is started, the more effective it can be

Suicide: Eye-Opening Stats



National Youth Risk Behavior Survey of High School Students

2nd

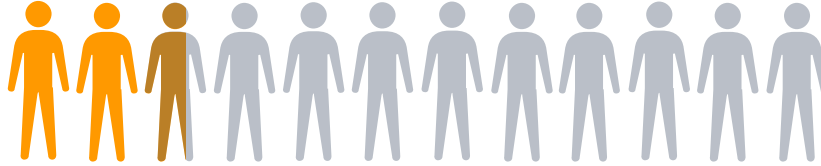
leading cause of death
among 10 - 34 year olds



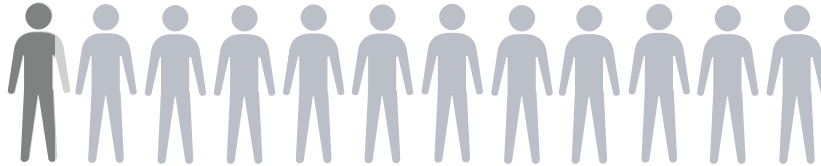
**Not all depressed
adolescents are suicidal
and vice versa;
but depression does
increase the risk**



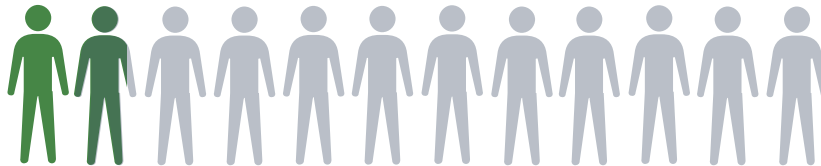
Suicide Among Depressed Adolescents



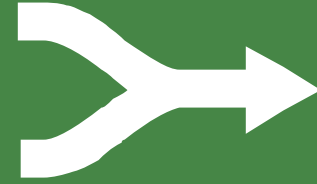
27.3% had suicidal thoughts



9.6% had suicidal plan



10.8% attempted suicide



Suicide risk is highest when
anxiety and depression co - occur



Friends and family are often
the first to notice warning signs

If you are concerned for a friend,
reach out to an adult (parent,
teacher, counselor, coach, clergy)



Suicide: **Risk Factors**

- Availability of means (including firearms)
- Depression, other mental disorders, or substance use disorders
- Prior suicide attempt
- Family history of mental disorder or substance use disorder
- Family history of suicide
- History of physical or sexual abuse
- LGBTQ youth
- Exposure to suicide
- Interpersonal conflict / lack of social connectedness
- Bullying

Three Ways to Contact Suicide Prevention Lifeline



Phone

National Suicide Prevention Lifeline: 1-800-273-8255



Live Chat

Lifeline Crisis Chat: www.crisischat.org



Text

Crisis Text Line: Text “Start” to 741-741

Save this information to your phone’s contacts – for a FRIEND, for YOU

It's Okay to Talk About Anxiety & Depression



CONCERN FOR FRIEND

How Do I Let A Friend Know I'm Concerned?

"I've noticed you haven't been acting like yourself lately. Is something going on? You know I'm here for you."

"It worries me to hear you talking like this. Let's talk to someone about it (a trusted adult)."

AS A FRIEND, BE SUPPORTIVE. YOU DON'T HAVE TO GO IT ALONE. SEEK OUT AN ADULT TO HELP.



CONCERN FOR SELF

How do I tell my Parent(s) / Friend / Teacher?

"Mom/Dad, I need to talk. I'm not even sure where to begin, but I'm struggling."

"Can I talk to you for a second? I've really been struggling."

DON'T WORRY ABOUT FINDING THE RIGHT WORDS. SPEAK WHAT'S WEIGHING ON YOUR MIND AND HEART.



CONCERN FROM A SOCIAL MEDIA POST

See something, say something.

Take it seriously. It's not a joke; it's a cry for help

Don't assume someone else saw it and is taking action

Tell a trusted adult: a Parent, Teacher, Coach, Counselor, Clergy

DON'T...

- Be afraid to talk about anxiety and depression's greatest consequence – SUICIDE.
- Leave your friend alone if he/she is suicidal.
- Say "Snap out of it" or "You'll get over it" or "Toughen up/Suck it up" or "You're fine. Don't be a drama queen."

MGH Serving Teens & Their Families

- It's okay to talk about anxiety and depression
- Volunteer Program (meet Community Service Hours)
- Adolescent Mental Health Counseling Program
- Connect with us on Social Media



Greatest Takeaway: You Are Not Alone



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Supporting Videos

The following videos are used to support this presentation delivered through our High School Outreach Program:

Oprah's Master Class Series on YouTube

"How a Bout of Depression Led to Dwayne Johnson's Career-Defining Moment: Part 1"

https://www.youtube.com/watch?v=y_T9JgOU2DA

"How a High School Coach Changed Dwayne Johnson's Life: Part 2"

<https://www.youtube.com/watch?v=e8D2eTmHG4I>

"The Terrifying Moment That Taught Dwayne Johnson How Precious Life Is: Part 3"

<https://www.youtube.com/watch?v=CVuj6MqoVUo>

Michael's Giving H.A.N.D.

"Removing the Mask: Teens Get Real About Anxiety & Depression" Trailer: <https://youtu.be/PtmQOTUI6FA>

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