Teen Depression
Know the signs...

Depression is an illness that affects our moods, thoughts and behaviors.

Five or more of these symptoms must be present most of every day for at least two weeks or more:
- Sad, depressed or irritable mood
- Loss of interest or pleasure in favorite activities
- Significant weight loss or gain, or change in eating habits
- Change in sleep patterns
- Restlessness or agitation
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Trouble concentrating or making decisions
- Repeated thoughts of death or suicide

Depression is common, can be serious and is treatable

If you think you may have depression, you are not alone. Understand that it can get better but you need to take action. Tell a caring adult who can help you get an evaluation from a doctor or mental health professional.

Write down the name of a trusted adult you can go to if you need help.

Help educate your family with our resources from Erika’s Lighthouse.org

IN CRISIS AND ALONE?
Call or Text 988
IMMEDIATE RISK OF SAFETY?
Call 911
# Good Mental Health

**It's for everyone!**

Good mental health is about creating a lifestyle of balance and reducing the impact of stress. We can all practice ways to stay mentally healthy.

**Here are a few helpful tips:**

- Eight to ten hours of sleep per night
- Three nutritious meals per day
- Three or more days of exercise a week
- Avoid drugs or alcohol
- Take care of your physical health
- Engage in activities that bring happiness
- Spend time with your favorite people
- Relaxation exercise, i.e., bubble bath, deep breathing, meditation, a nature walk
- Maintain reasonable expectations and boundaries
- Ask for help and support when needed

---

**Promote Good Mental Health**

Start an Empowerment Club, visit ErikasLighthouse.org

---

**Erika's Lighthouse**

 QR Code:

[Scan QR Code to visit ErikasLighthouse.org](#)