



Erika's Lighthouse®

## 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 to get an evaluation from a doctor or mental health professional



IN CRISIS AND ALONE?  
**Call or Text 988**

IMMEDIATE RISK OF SAFETY?  
**Call 911**

WHERE TO GO FOR HELP

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

Help educate your family with our resources from [ErikasLighthouse.org](https://ErikasLighthouse.org)



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## 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  
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