



## 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 1.800.273.8255 or text "LISTEN" to 741-741.

**IMMEDIATE RISK OF SAFETY?** Call 911.

### Where to Go for Help

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

**Help Educate Your Parents**  
Download our Parent Handbook  
Available at [ErikasLighthouse.org](http://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 and alcohol
- Take care of your physical health
- Engage in activities that bring happiness
- Spend time with your favorite people
- Relaxation exercises, ie: bubble bath, deep breathing, meditation, a walk in nature
- Maintain reasonable expectations and boundaries
- Ask for help and support when needed.

Learn more at [ErikasLighthouse.org](http://ErikasLighthouse.org).



Promote Good Mental Health  
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