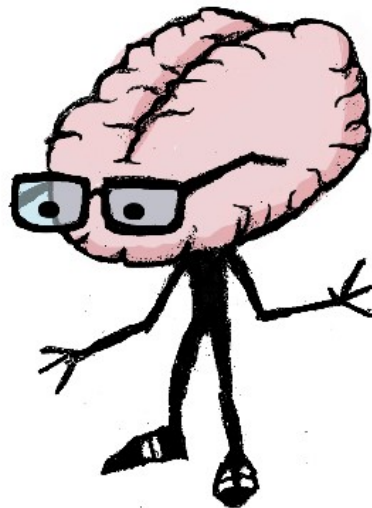


# DEPRESSION

is a common, serious and treatable mood disorder impacting 15-20% of teens before adulthood.



**Symptoms include:** depressed mood or irritability · loss of interest in pleasurable activities · change in weight or appetite · change in sleep · feeling sped up or slowed down · fatigue or loss of energy · feelings of worthlessness or guilt · trouble concentrating or making decisions · thoughts of death or acts of self-harm

*Worried about yourself  
or a friend?*

Schedule an appointment to see a school mental health worker today:

Friends often notice signs of depression in friends before adults do.



If you think your friend has depression,

# SAY SOMETHING.

## Notice

“ You’ve been acting different lately.

## Care

“It could be something serious like depression. I’m worried about you.

## Help

“Have you talked to an adult yet? I can go with you if you want.”

**NEVER keep depression or thoughts of suicide a secret.**

# TELL A TRUSTED ADULT.

Worried about a friend?

Schedule an appointment to see a school mental health worker today.



**Erika's  
Lighthouse**

[erikaslighthouse.org](http://erikaslighthouse.org)