

Depression

Around 20% of teens experience depression before they reach adulthood

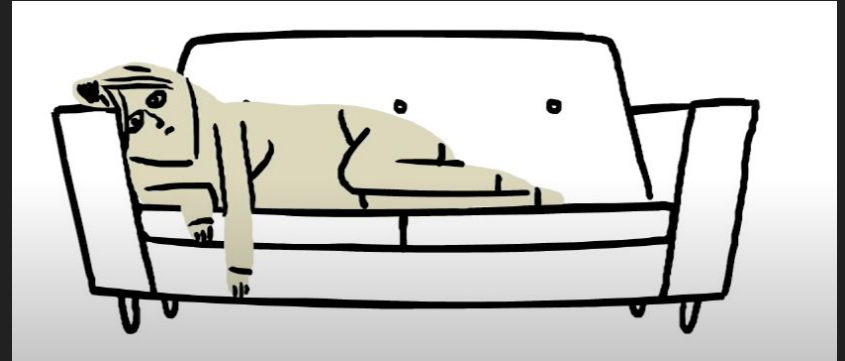
# Having depression and being depressed are different

- Everyone feels down from time to time
- Those feeling easily go away
- Clinical depression is a mental disorder



## Symptoms of depression

- Low mood
- Loss of interest in thing you'd normally enjoy
- Loss of appetite
- Feeling worthless or guilty



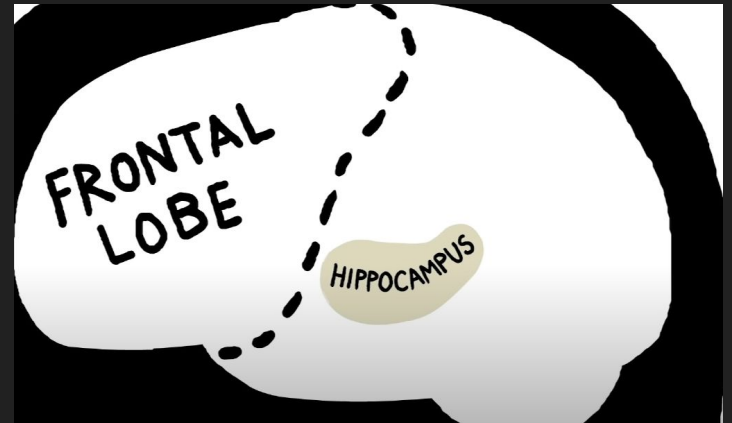
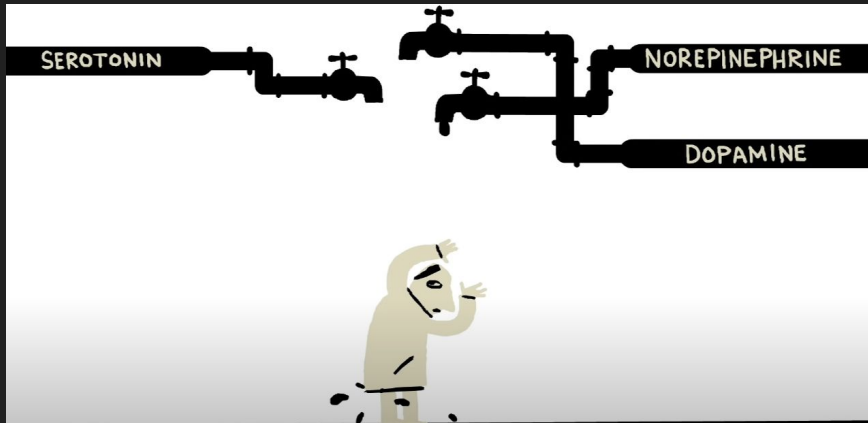
- Sleeping too much or too little
- Poor concentration
- Loss of energy
- Recurrent suicidal thoughts





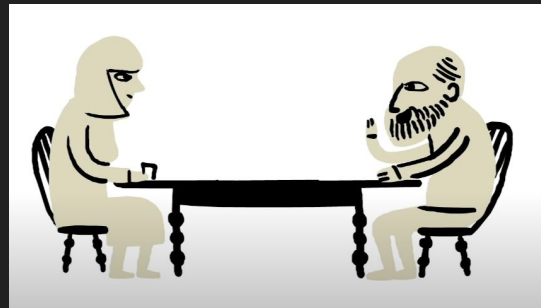
## Depression also has physical changes on the body

- Smaller frontal lobes and hippocampus
- Smaller transmissions of dopamine and serotonin
- Disruption to REM cycle



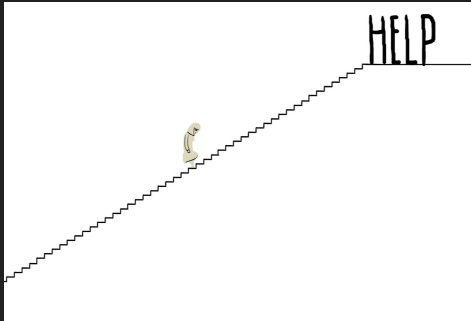
## How to help someone with depression

- Gently encourage them to get treatment
- Help them with tasks such as finding a therapist or making a list of questions to ask a doctor
- Avoid comparing their depression to normal short-term sadness that you have had





- Talk openly about depression
- Asking someone about suicidal thoughts is proven to reduce their suicide risk



Depression is a medical condition, not a weakness. you can't will yourself to get over depression just like you can't will yourself to get over a broken arm

Thank you for listening