



Signs Your Teen May Be Struggling With Depression

- Change in mood more than just general teenage moodiness (irritability, sadness, anger)
- Has withdrawn socially
- Using alcohol or drugs
- Decline in grades
- Loss of interest in things your teen used to like to do
- Expressing a thought of wanting to “give up”
- Frequent crying or tearfulness
- Sleeping patterns have changed
- Appetite has changed
- Difficulty concentrating
- Unexplained aches and pains
- Fatigue or lack of energy

Think Your Teen Needs Some Extra Support? Here are some resources:

Emergency Services:

Montgomery County Crisis Center
1301 Piccard Drive
Rockville, MD 20850
240-777-4000

They can do an emergency evaluation in person, or you can call and ask for the mobile crisis team to come to your house to do an evaluation

Take your child to the nearest emergency room for an evaluation.

Resources:

<https://www.nimh.nih.gov/health/publications/depression-what-you-need-to-know/index.shtml>

<http://www.nami.org/Learn-More/Mental-Health-Conditions/Depression>

<https://www.samhsa.gov/disorders/mental>