

SYMPTOMS OF DEPRESSION

- Ongoing sad, anxious or empty feelings
- Feelings of guilt, worthlessness, helplessness, hopelessness or negative statements of self
- Feeling irritable or restless
- Self-injurious behaviors
- Loss of interest in activities or hobbies that were once enjoyable
- Sleep changes-feeling tired all the time, sleeping in class, low energy
- Difficulty concentrating, remembering details, or difficulty making decisions
- Appetite changes-overeating or loss of appetite
- Thoughts of suicide, statements regarding suicide or making suicide attempts
- Physical symptoms-ongoing aches and pains, headaches, cramps or digestive problems, etc. that do not go away.
- Increased anger/hostile behavior or irritability
- Deteriorating school performance
- Social isolation, peer rejection, victim mentality
- Substance abuse
- Neglecting of appearance and hygiene

Not everyone diagnosed with depression will have all of these symptoms. The signs and symptoms can vary from person to person. Sometimes certain behaviors are overlooked because the person is not acting out or disruptive, such as isolating self or rejection by others.

Information adapted from the National Institute of Mental Health (www.nimh.nih.gov), National Mental Health Association (www.nmha.org)

RISK FACTORS FOR SUICIDE AND SUICIDAL BEHAVIOR

- Prior suicide attempt
- Co-occurring mental health issues and substance abuse disorders
- Family history of suicide
- Parental mental health or substance abuse issues
- Hopelessness
- Impulsive and/or aggressive tendencies
- Easy access to lethal methods
- Exposure to the suicide of a family member, friend or other significant person
- History of verbal, physical or sexual abuse
- Gay, lesbian, bisexual, transgender and questioning youth
- Impaired parent/child relationships
- Life stressors, especially interpersonal losses and legal, financial or disciplinary problems
- Lack of involvement in school

Information adapted from the National Alliance on Mental Illness
(www.nami.org)