

Depression

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What is Depression?

Depression describes a multitude of different disorders. Major depressive disorder is a commonly diagnosed form of depression and is what most people probably think of when they describe themselves as “depressed.” There are many types of depression. Different depressive disorders can range in severity as well, from mild to severe, and can show up in different patterns based on the person living with depression. Often, depressive disorders can coexist with other issues such as anxiety.

Symptoms of Depression

The symptoms of depression can differ based on severity, but these are some of the more commonly seen symptoms of depression..

A persistent, sad mood

Feelings of emptiness

Feeling hopeless or worthless

Irritability

Loss of interest in activities

Restlessness or always being tired

Moving or talking slowly

Difficulty concentrating

Appetite or weight changes

Thoughts of suicide or self-harm

Body aches and pains

Warning Signs of Depression

Depression is not always easy to notice in somebody, mainly because many people who are depressed do not show it or let anyone know they are suffering.

In order to recognize depression in teens you need to be able to watch them everyday and notice the changes in their daily routines such as frequent irritability with burst of anger, more sensitive to criticism, complaints of headaches, stomach aches or other problems, withdrawal from parents and friends, not enjoying normal activities, feeling sad and tired most of the day, changes in eating habits, problems making decisions, a drop in grades, high risk behavior such as reckless driving, unsafe sex, or shoplifting, drinking, using drugs, and spending too much time alone.

Situations That may Lead to Depression

- ❖ Although depression is often something that is present chemically within us, a situation or event might trigger depression.
- ❖ A death of someone close to them, parents divorcing, bullying, failing at school or sports, a breakup with a boyfriend or girlfriend, losing a best friend, low self-esteem, learning disabilities, chronic illness, or having family problems.
- ❖ Females are twice as likely to suffer from depression as males.

What to do if you Suspect Depression?

- ❖ Understand that your child may not be able to talk to you directly about what they are dealing with in their lives.
- ❖ Often, teenagers do not feel comfortable sharing their issues with people in their everyday lives. Teenagers suffering from depression may be even less likely to share.
 - ❖ Try talking to your teen with an open mind.

How Can I Help My Child?

Seek out help from professionals: Contact their school counselor, physician, or a mental health professional in order to get an actual diagnosis.

Open communication: Talking to your child and letting them know that they are able to talk to you without fear of punishment. Listen to everything they tell you, and take it seriously.

Be aware of changes in behavior: if symptoms or signs get worse in your child, or they develop new problems let the professionals know what you are noticing.

What to do if you suspect your child is suffering from depression?

Talking to your child and letting them know that they are able to talk to you about anything is one way that can begin to help your teen. Listen to everything they tell you and take it seriously even if you think it may be silly. If the symptoms get worse or they develop new problems bring your child to a doctor or to a therapist/counselor so that they can get the appropriate health care needed.

If your child does not talk to you about what is going on in their life do not take it personally, many teenagers who are suffering with depression do not feel comfortable talking about their problems to somebody that they know, which is why counseling is always a good option.

Useful Information

Types of Mental Health Professionals- Psychologist, clinicians, therapist, counselors, clinical social workers, and psychiatrist.

Contact information for school counselors-

Debbie Webb: debbie.webb@silsbeeisd.org

Michelle Powell: michelle.powell@silsbeeisd.org

Wendi Stanley: wendi.stanley@silsbeeisd.org

Contact information for services offered in the community-

Nami Mental Health Clinic: Beaumont, Tx (409)-835-7121

Larry Walker, LPC: Beaumont, Tx (409)-833-6747

Sources

www.medlineplus.gov/ency/patientinstructions/000648.htm

www.healthline.com/health/depression/help-for-depression#other-treatments

www.nimh.nih.gov/health/topics/depression/index.shtml

www.projecthelping.org/the-symptoms/