

Mental health: Depression

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Mental Health

What is the first thing that comes to mind when you hear the words “mental health”?

To some mental health can mean depression, disability, or prescriptions. It can be many things, but it all comes down to the fact that on a more broad-spectrum mental health is a person's condition with regard to their psychological and emotional well-being.

As teenagers we go through a time where we are more prone to mental health problems whether it be low self-esteem, a learning disability, and addiction, or anything else that may be in the way of one's ability to feel healthy psychologically and emotionally.

According to the World Health Organization “mental health conditions account for 16% of the global burden of disease and injury in people aged 10-19 years”. The adolescence is a crucial period for developing and maintaining social and emotional behaviors that are important for not only those years but the rest of their life. The teenage years can be hard, there is so much change going on and even just trying to find themselves can cause a mental health issue. Anyone can have a mental health issue whether you're born with it or something in life happens. Mental health issues are not always diagnosed though which it is why it is good to promote psychological well-being and protecting young adults from adverse experiences and risk factors.

According to the World Health Organization “Worldwide, it is estimated that 10–20% of adolescents experience mental health conditions, yet these remain underdiagnosed and undertreated. Signs of poor mental health can be overlooked for a number of reasons, such as a lack of knowledge or awareness about mental health among health workers, or stigma preventing them from seeking help”

There are many disorders that to write about, but depression is the focus today.

How can someone find out if they have depression? Well take this quiz to find out if you have depression and on the next page you will find symptoms and how to get help.

Features



- Feeling sad or blue
- Crying frequently
- Loss of interest in usual activities
- Significant increase/decrease in appetite
- Significant weight loss, failing to gain weight appropriately, or gaining excessive weight
- Change in sleep pattern: inability to sleep or excessive sleeping
- Agitation, irritability, or anger
- Fatigue or loss of energy
- A tendency to isolate from friends and family
- Trouble concentrating
- Feelings of worthlessness or excessive guilt
- Thoughts of death or thoughts, plans, or attempts at completing suicide
- poor school performance
- persistent boredom
- frequent complaints of physical symptoms, such as headaches and stomachaches,
- engaging in self-harm that is not intended to cause death (for example, cutting or burning oneself),
- more risk-taking behaviors, and/or showing less concern for their own safety.

SCORING KEY

If you scored...	You may have...
54 & up	Severe depression
36 - 53	Moderate/severe depression
22 - 35	Mild to moderate depression
18 - 21	Borderline depression
10 - 17	Possible mild depression
0 - 9	No depression likely

0-not at all

1-just a little

2-somewhat

3-moderately

4-quite a lot

5-very much

add up total to see your score

Where can teens get information about and support for depression?

American Association of Suicidology

<http://www.suicidology.org>

202-237-2280

American Foundation for Suicide Prevention

<http://www.afsp.org>

Jason Foundation

<http://www.jasonfoundation.com>

National Suicide Prevention Hotline

800-SUICIDE (784-2433)

<http://www.suicide.org>

National Suicide Prevention Lifeline

800-273-TALK (8255)

National Youth Crisis Hotline

800-448-4663

National Youth Violence Prevention Resource Center

866-SAFEYOUTH (1-866-723-3968)

Hours: Monday through Friday, 8 a.m.-6 p.m.

Eastern time

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov>

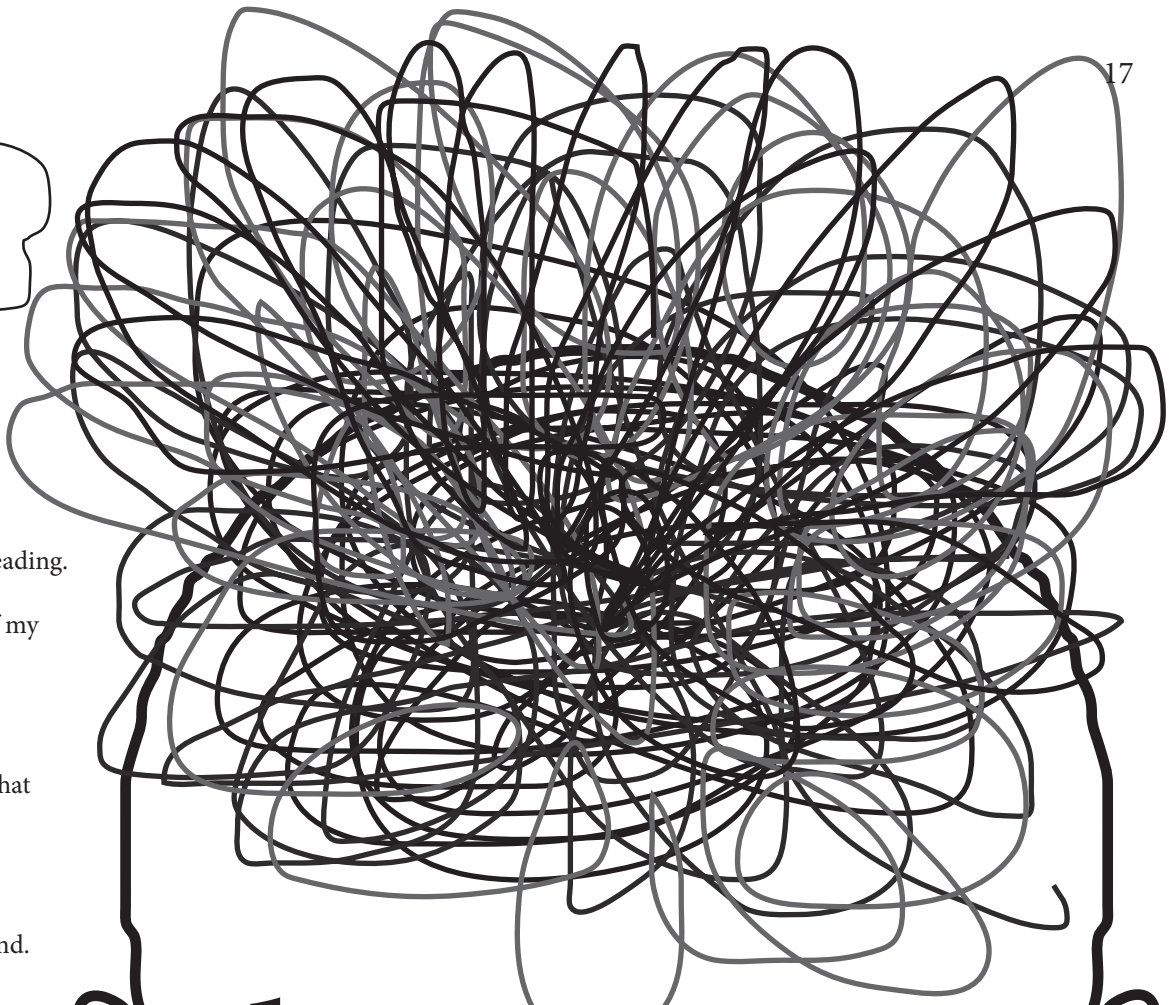
Suicide and Depression Hotline -- Covenant

House

800-999-9999

DEPRESSION QUIZ

- 1. I do things slowly.
0 1 2 3 4 5
- 2. My future seems hopeless.
0 1 2 3 4 5
- 3. It is hard for me to concentrate on reading.
0 1 2 3 4 5
- 4. The pleasure and joy has gone out of my life.
0 1 2 3 4 5
- 5. I have difficulty making decisions.
0 1 2 3 4 5
- 6. I have lost interest in aspects of life that used to be important to me.
0 1 2 3 4 5
- 7. I feel sad, blue, and unhappy.
0 1 2 3 4 5
- 8. I am agitated and keep moving around.
0 1 2 3 4 5
- 9. I feel fatigued.
0 1 2 3 4 5
- 10. It takes great effort for me to do simple things.
0 1 2 3 4 5
- 11. I feel that I am a guilty person who deserves to be punished.
0 1 2 3 4 5
- 12. I feel like a failure.
0 1 2 3 4 5
- 13. I feel lifeless more dead than alive.
0 1 2 3 4 5
- 14. My sleep has been disturbed -- too little, too much, or broken sleep.
0 1 2 3 4 5
- 15. I spend time thinking about HOW I might kill myself.
0 1 2 3 4 5
- 16. I feel trapped or caught.
0 1 2 3 4 5
- 17. I feel depressed even when good things happen to me.
0 1 2 3 4 5
- 18. Without trying to diet, I have lost, or gained, weight.
0 1 2 3 4 5



depression

WHAT THEY DON'T SEE... WHAT WE MAKE THEM THINK...

ISOLATING ANXIETY SUICIDE INDEPENDENT

DOWN TIRE FEAR COMFORTING

BORED MEDICATION RISK TRIGGER SOCIAL HAPPY KIND

ALTIING SLEEP THERAPY SAD ANTI-DEPRESSANTS FUNNY FRIENDLY