

# Mental Health Newsletter

## DEPRESSION IN ADOLESCENTS



### What is Depression?

In the most basic terms, depression is signaled by the following symptoms and signs. A depressed mood (most of the day, nearly every day) and or loss of interest or pleasure in typically desired activities. Depression will also have at minimum four of the following present:

- Changes in weight
- Changes in sleep patterns, either too much or too little
- Fatigue
- Feelings of worthlessness
- Diminished ability to think or concentrate
- Recurrent thoughts of death

### Signs in Schools

- anger and irritability (that is not rationally caused by incident)
- feelings of hopelessness
- difficulty concentrating
- social withdrawal
- increased sensitivity
- vocal outbursts
- physical complaints (frequent trips to the nurse)
- impaired thinking/decision making
- fatigue and low energy
- difficulty concentrating
- thoughts of death

**National Suicide Hotline**  
1.800.273.8255  
**Dr. Copeland (mobile)**  
973.876.0020

### How to Help

- Develop a relationship with the student - you may be the only adult they are comfortable speaking with
- TLC - students benefit from feeling loved and cared for
- Modify workload and expectations
- Provide opportunities for success
- Seek help from your colleagues (CST, counselors, administration)

**Do not hesitate to reach out with any concerns regarding a students' emotional well-being.**