

Symptoms of Depression in Adolescents



The following symptoms may indicate depression in adolescents, particularly when they last for more than 2 weeks:

- Poor performance in school
- Withdrawal from friends and activities
- Feelings of sadness and hopelessness
- Lack of enthusiasm, energy, or motivation
- Lack of pleasure in performance of acts that would normally be pleasurable
- Feelings of anger and rage
- Overreaction to criticism
- Feelings of being unable to satisfy ideals
- Low self-esteem
- Feelings of guilt
- Indecision, lack of concentration, or forgetfulness
- Restlessness and agitation
- Changes in eating or sleeping patterns
- Substance abuse
- Problems with authority
- Suicidal ideation (suicidal thoughts) or actions

If symptoms of depression are present, talk with your health professional. Get help. You don't need to fight depression alone. Depression can get better with help.