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Warning signs of teenage depression

Severe withdrawal, more than simply not talking with parents, but closing themselves off from friends and family members as well; isolating themselves in their rooms and having less contact with others

A change in their appearance, poor hygiene or a lack of concern about their appearance; clothing or hair appearing unkempt or disheveled

Wearing very dark, black or “depressive” looking outfits and make-up, more than as a fashion statement

Wearing long-sleeves or gloves at inappropriate or unnecessary times in order to cover up cuts, slashes or burns

An increase in reliance on the Internet or other conventions to allow them to interact and relate with others in a more removed or less immediately connected fashion

A change in their musical tastes to music that is “depressive”; music that discusses or promotes depressive themes and/or suicidality

An increase in drug or alcohol use

Any significant change in their likes, dislikes, habits or personality

Increased anger and/or irritability

You, the parent, begin to feel run down or depressed

Cuts, slashes, bruises or burns, often found on the wrists and arms but could appear on other parts of the body as well

A decrease in their interest in activities or hobbies that they used to find enjoyable, such as music, sports, socializing with friends, etc.; this is especially true for more active pursuits

Increased passivity and not asserting themselves; allowing others to “run over them”

Decreased academic performance

A lack of focus or caring about future plans and events, they appear to not have anything to look forward to

Increased moodiness and irritability; mood seems to change quickly and for no apparent reason and with little provocation

Examples of sadness, hopelessness, isolation or depressed in their writing or art work

Poor school attendance, including being late

Arriving late to other activities in addition to school

Changing friends, or a pattern of changing friends; the tendency to be unable to maintain long-term relationships

Regression; going back and repeating behaviors, patterns, or revisiting issues from the past

Repeated, ritualistic behaviors