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Depression signs in teenagers

Alternative Names:

Teenagers and depression

Information:

Serious signs of [teenage depression](#) include:

- A change in appetite and sleep patterns
- Loss of interest or enjoyment in usual activities
- Prolonged sadness
- Withdrawal from friends
- Feelings of worthlessness
- Lack of energy
- Poor school performance
- Difficulty falling asleep

These are all signs that should alert you to a problem that may need professional counseling (especially if the signs persist and the teen doesn't respond to encouragement). See also [depression](#).

Depression increases the risk of suicide attempts. Depressed teens often "self-medicate" by taking illicit drugs or drinking alcohol, with disastrous consequences, including worsening of depression. Having a close family member with a history of depression, alcoholism, or significant drug abuse problem puts a teenager at increased risk of depression.