

McHenry High School

4724 W. Crystal Lake Road, McHenry, IL 60050

www.dist156.org

Greetings! Depression is not always the easiest of topics to talk about but it is so important to have some understanding of what the signs and symptoms of depression are, especially when it comes to our kids. Sometimes it is hard to tell if my child is going through “normal” teenage angst or if there is something more to the story. Listed below are signs and symptoms of teenage depression, how adolescent depression may appear different than in adults and how parents/adults can help. Should you have further questions or concerns after reading this newsletter you can reach out to your teen’s school counselor, school social worker, or school psychologist, for further guidance. If you feel like there is an immediate crisis you can contact the McHenry County Crisis Line at 800-892-8900 or 911.

Signs and Symptoms of Teenage Depression

Sadness or hopelessness

Restlessness and agitation

Irritability, anger, or hostility

Feelings of worthlessness and guilt

Tearfulness or frequent crying

Fatigue or lack of energy

Lack of enthusiasm and motivation

Unexplained aches and pains

Withdrawal from friends and family

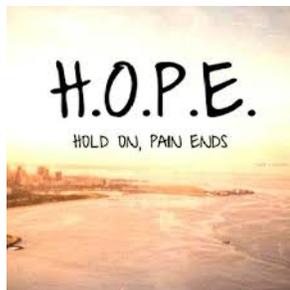
Difficulty concentrating

Loss of interest in activities

Changes in eating and sleeping habits

Poor school performance

Thoughts of death or suicide



Monthly SEL Themes

August

Self-Care

September

Depression Awareness

October

Bullying/Anti Violence

November

Tobacco/Vaping

December

Stress Management

January

Alcohol and Drug Awareness

February

Healthy Relationships

March

Positive Body Image

April

Safe Prom

May

Mental Health Awareness

Adolescent depression vs. adult depression

Depression in teens can look very different from depression in adults. The following symptoms are more common in teenagers than in their adult counterparts:

Irritable or angry mood. As noted, irritability, rather than sadness, is often the predominant mood in depressed teens. A depressed teenager may be grumpy, hostile, easily frustrated, or prone to angry outbursts.

Unexplained aches and pains. Depressed teens frequently complain about physical ailments such as headaches or stomachaches. If a thorough physical exam does not reveal a medical cause, these aches and pains may indicate depression.

Extreme sensitivity to criticism. Depressed teens are plagued by feelings of worthlessness, making them extremely vulnerable to criticism, rejection, and failure. This is a particular problem for “over-achievers.”

Withdrawing from some, but not all people. While adults tend to isolate themselves when depressed, teenagers usually keep up at least some friendships. However, teens with depression may socialize less than before, pull away from their parents, or start hanging out with a different crowd. (<https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm>)

10 tips for adults to help teens with depression

Be Supportive

Encourage your teen to be a routine

Listen non-judgmentally

Talk with your teen about it

Take them to see their primary doctor

Monitor their symptoms

Educate yourself on depression

Encourage your teen to do healthy activities

Seek professional advice

Take care of yourself

Social Emotional Series: Raising Successful Adults by Jackie Rhew LCPC, CADC

Jackie has utilized individual, family, and group therapy in hospital, educational and private practice settings both in the Chicagoland area and overseas.

Jackie will provide essential social and emotional tools to parents, teachers, coaches and anyone who works with teens and young adults. Attendees will learn how to develop specific strategies to assist young people with managing anxiety, developing healthy coping responses and understanding effective communication and language that promotes independence and self-advocacy.

Presentations are free! Save the dates for September 7th, November 5th and February 11th from 7-8pm in the West Auditorium.

