

[DEPRESSED TEENAGER HELP](#)



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Teenage depression Spotting the signs and supporting teenagers through depression If your teenager is showing signs of depression, you may find yourself wondering whether it's 'just a phase' or something more serious.

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Depression in children and teenagers NHS

Depression doesn't just affect adults. Children and teenagers can get depressed too. Some studies show that almost one in four young people will experience depression before they are 19 years old. It's important to get help early if you think your child may be depressed. The longer it goes on, the

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Young Minds Depression

Take the first step depression can affect anyone, and you deserve help to feel better. Talk to someone you like and trust, like a teacher, relative, counsellor or friend. Talk to someone you like and trust, like a teacher, relative, counsellor or friend.

<http://ebookslibrary.club/Young-Minds---Depression.pdf>

Parent's Guide to Teen Depression Recognizing the Signs

Violence. Some depressed teens usually boys who are the victims of bullying can become aggressive and violent. Teen depression is also associated with a number of other mental health problems, including eating disorders and self-injury.

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