

[TEENAGER AND DEPRESSION](#)



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Why do adolescents get depression? There are multiple reasons why a teenager might become depressed. For example, teens can develop feelings of worthlessness and inadequacy over their grades.

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NIMH Teen Depression

Being a teenager can be tough. There are changes taking place in your body and brain that can affect how you learn, think, and behave. And if you are facing tough or stressful situations, it is normal to have emotional ups and downs. But if you have been overwhelmingly sad for a long time (a few

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Depression and teenagers ReachOut Parents

It s normal for teenagers to be moody from time to time. But if a low mood is persistent, it may be a sign of depression. Depression in teenagers is relatively common, with 1 in 16 young people aged 16-24 experiencing depression at any one time.

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Teen depression Symptoms and causes Mayo Clinic

Symptoms. Teen depression signs and symptoms include a change from the teenager's previous attitude and behavior that can cause significant distress and problems at school or home, in social activities, or in other areas of life.

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A Teenager's Guide to Depression Tips and Tools for

Teenager's Guide to Depression Tips and Tools for Helping Yourself or a Friend. The teenage years can be really tough, and it s perfectly normal to feel sad or irritable every now and then.

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Teenage Depression Psych Central

Teenagers experience depression in a manner very similar to adults, but they may experience their emotions more intensely and with greater volatility. Feeling down about a relationship issue or an

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Depression In Teens Mental Health America

Teens may experiment with drugs or alcohol or become sexually promiscuous to avoid feelings of depression. Teens also may express their depression through hostile, aggressive, risk-taking behavior.

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Teenage Depression Treatment Causes Symptoms More

Adolescence can be a difficult time for both teens and their parents. During this stage of development, many hormonal, physical, and cognitive changes occur. These normal and often turbulent

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