

# DEPRESSION

## What is Depression?

Depression is a common but serious mood disorder which causes feelings of sadness and loss of interest in daily activities. Symptoms can affect how you feel, think, and handle daily life activities such as sleeping, eating, or working. There is no simple answer for why depression happens. For some, a mix of events and issues can trigger the depression. The good news is that if you are experiencing depression, you can improve with the right help.

## Risk Factors Include

- Personal or family history of depression
- Major life changes, trauma, or stress
- Certain physical illnesses and medications
- Avoid socializing with friends

## Signs & Symptoms

Talk to your family, primary care physician, or therapist if you or a friend are experiencing some of the following symptoms most of the day for at least two weeks:

- Feeling hopeless, pessimism
- Guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Feeling restless
- Difficulty concentrating
- Trouble sleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches, pains, headaches or digestive problems

Many young people experience some of these symptoms. However, these symptoms impact a person's daily life and don't tend to disappear.



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a youth engagement organization  
dedicated to changing the way young  
people think about mental health issues.

## Things You Can Do

No two people are affected the same way by depression and there is no “one-size-fits-all” for treatment. It may take some trial and error to find the best option.

Here are other tips that may help you or a loved one:

- Be active and exercise
- Set realistic goals
- Spend time with other people and confide in a trusted friend or relative
- Expect your mood to improve gradually, not immediately
- Postpone important decisions until you feel better. Discuss these decisions with a trusted friend
- Continue to educate yourself about depression
- Explore new activities

## Useful Websites & Phone Numbers

### National Youth Crisis Hotline

1-800-448-4663

### National Suicide Prevention Lifeline

1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

### Substance Abuse and Mental Health Services Administration (SAMHSA)

1-800-662-HELP (4357)  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

### SafeSpace Support Line

[7cups.com/p/safespace](http://7cups.com/p/safespace)

### Crisis Text Line

Text HOME to 741741 in the US for FREE 24/7 crisis support.  
[www.crisistextline.org](http://www.crisistextline.org)