

If they have had **five** or more of the following symptoms or if any of these symptoms cause such a **big change** that they can't keep up with their usual routine, then you may want to discuss these concerns with your teen and consider obtaining an evaluation.

Here's *how to tell* if your teenager might be suffering from **depression...**

When They're Depressed

- They feel sad or cry a lot and it doesn't go away.
- They feel guilty for no reason; they feel like they're no good; they've lost their confidence.
- To them, life seems meaningless or like nothing good is ever going to happen again. They have a negative attitude a lot of the time, or it seems like they have no feelings.
- They feel restless and tired most of the time.
- They don't feel like doing a lot of the things they used to like—like music, sports, being with friends, going out— and they want to be left alone most of the time.
- It's hard for them to make up their mind. They forget lots of things, and find it hard to concentrate.
- They get irritated often—little things make them lose their temper and they over-react.
- Their sleep pattern changes—they start sleeping a lot more or they have trouble falling asleep at night. Or they wake up really early most mornings and can't get back to sleep.
- Their eating pattern changes—they've either lost their appetite or they eat a lot more.
- They think about death, or feel like they are dying, or have thoughts about committing suicide.

What to do if you think your teenager is **depressed**

- 1 Share Your Concern.** Speak with your teen and other family members about the signs of depression you have seen. Teens may have difficulty describing their feelings. Offer to get them an evaluation appointment. If there are school problems, you might want to speak with their school guidance counselor or social worker.
- 2 Make a List.** Write down the signs of depression you and family members notice about your teen as well as any questions or concerns you may have.
- 3 Call a Healthcare Provider for an evaluation.** Arrange for your teen to be seen by a Primary Care Physician, Pediatrician, Psychiatrist, Psychologist, etc. Share the list of depression signs you have noticed and ask questions that are of concern. You may also contact ConnectiCare's Behavioral Health Manager, Magellan Behavioral Health, at 1-888-946-4658, 24hrs/day, Seven days a week to assist you with a referral.
- 4 Learn More About Depression.** Your healthcare provider, the Mental Health Association, and school professionals can offer suggestions about reading materials, local support groups and community resources. ConnectiCare's website, www.connecticare.com, is also a valuable interactive member resource.

Seek help immediately if a family member is suicidal or expresses suicidal thoughts.

Sure, everyone feels sad or blue now and then. But if your teenager is sad *most of the time*, and it's giving them problems with:

- Their grades or attendance at school,
- Their relationships with family and friends,
- Alcohol, drugs, or sex,
- Controlling their behavior in other ways,

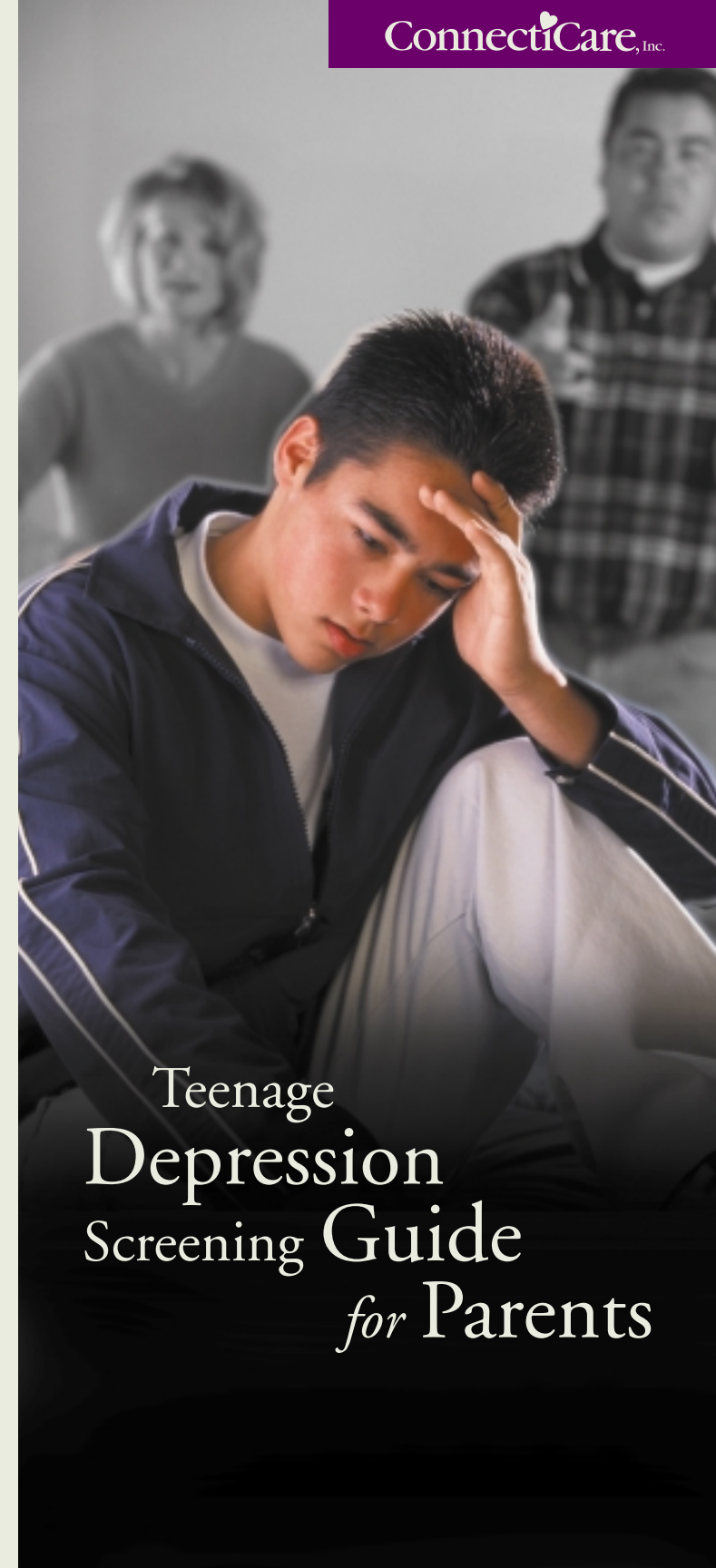
The problem may be...

Depression

Teenage Depression Screening Guide for Parents

CONNECTICARE gratefully acknowledges the use of information from the National Institute of Mental Health's NIH Publication No. 01-4162, Teens: Let's Talk about Depression, reprinted with permission June, 2001.

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