

Teenagers and Depression

Clinical Depression is a serious illness that can affect anybody, including teenagers. Mood swings, irritability and fluctuations in self-esteem are often “par for the course” for the average teenager. However, if your teen doesn’t seem to bounce back from minor disappointments, appears to be burdened by feelings of sadness, or feels guilt or hopelessness for a prolonged period of time, he or she might be suffering from depression.

Depression is a mood state that is persistent and is accompanied by physical changes that reveal altered neurobiology. Signs and symptoms of clinical depression include:

- Sadness or hopelessness
- Irritability, anger, or hostility
- Tearfulness or frequent crying
- Withdrawal from friends and family
- Loss of interest or enjoyment in activities
- Changes in eating and sleeping habits
- Restlessness and agitation
- Feelings of worthlessness and guilt
- Lack of enthusiasm and motivation
- Fatigue or lack of energy
- Difficulty concentrating and making decisions
- Thoughts of death or suicide

Suicide is a real and serious threat if your teenager is depressed. According to the National Institute for Mental Health, untreated depression is the number one cause of suicide, making it the third leading cause of death among teenagers. Seek help as soon as possible if you believe your teenager may be suffering from depression.

Devereux Outpatient Services can offer you and your family an experienced and caring medical and clinical staff with access to highly specialized services which include psychiatric evaluations, medication management, individual therapy and family/relationship therapy. If you would like to make a referral or schedule an appointment, please call Devereux Outpatient Services at 281.332.8608.

If you have any topics or questions that you would like Dr. Berno to address in the next newsletter, please e-mail inquiries to the Office of Development at awilson@devereux.org.



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