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Health 2016

Depression/Suicide Prevention Notes

Statistics & Facts

1. Depression is not a weakness, it’s a serious health disorder.
2. Approximately 25% of high school students seriously consider suicide each year, and over the past 35 years the youth suicide rate in the U.S. has tripled.
3. Among people who are experiencing severe depression, 80-90 percent are treatable.
4. Suicide is a leading cause of death among teens.
5. Suicide is preventable.
6. Among young people aged 15 to 24, suicide is the third leading cause of death, after accidents and homicide.
7. There is a difference between feeling “blue” or “sad” and being depressed.
8. People who attempt or commit suicide don’t want to die - they just want to feel better or for the pain to go away.

What Causes  Depression?

1. Depression is a serious illness caused by changes in brain chemistry. Research tells us that other factors contribute to the onset of depression, including genetics, changes in hormone levels, certain medical conditions, stress, grief or difficult life circumstances. Any of these factors alone or in combination can precipitate changes in brain chemistry that lead to depression’s many symptoms.
2. With “the blues” you know you can pick yourself up, that it will pass; with serious depression, you feel powerless to do that, you have a feeling of utter hopelessness, that nothing will help. You lose motivation and this continues for several weeks.

Types of Depression - there are several different types but the video discussed chemical imbalance and manic depression, also referred to as Bipolar Disorder.  Manic depression is defined as an ongoing combination of extremely high and low moods, which may alternate or be experienced nearly simultaneously.  Someone may be born with a chemical imbalance or develop it.

Side Effects or Symptoms

* Migraines
* Insomnia
* Low self esteem
* Lack of communication
* Drugs
* Alcohol use
* Rebellion
* Crying for no apparent reason
* Wanting to end your life

How can teens relieve normal stress and anxiety and keep from getting to the point where “every day is a bad day?”

1. Exercise to release stress and anxiety
2. Focus on things you’re succeeding at rather than things you’re failing
3. Play music
4. Find someone to talk to when you need to unload
5. Fight boredom by finding something you enjoy doing on a regular basis, a hobby
6. Write in a journal or notebook
7. Volunteer or participate in community service activities
8. Art - draw

Tips - cut out caffeine, salt, red meat from your diet and realize that dieting may make you feel moody or depressed.

Treatment - there are different types of treatments.  Antidepressants are a medical treatment that will still allow you to be sad if something bad happens but stops you from feeling suicidal.  It takes the lows off of depression. Antidepressants should always be used with counseling.