



# Depression is Treatable



# A guide for responding to a teenager with depression

## For Teens

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### Prioritize Health

- Engage in daily exercise or activity.
- Eat nutritious, well-balanced meals.
- Get plenty of sleep every day.
- Spend time in the great outdoors.

### Be Engaged

- Stay connected with your peers and avoid isolation.
- Limit screen time.
- Get involved with an interesting activity.
- Volunteer to help others.
- Talk with your parent(s) about your day.

## For Parents

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### Listen & Understand

- Be patient and understanding.
- Be a good listener — refrain from lecturing.
- Check in with the rest of the family. One family member's depression can affect everyone.

### Care for Yourself

Parenting a teenager with depression can be exhausting.

- Seek support for yourself — a therapist or support group.
- Take time for activities you enjoy.

## Find Help

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### Reach Out

- Seek professional help when your teen's mood is not improving or if their behavior becomes a risk to themselves or others. Suicidal thoughts or behaviors should be assessed by a professional immediately.
- Check out Headway's online Depression Screen at [headway.org/depression-screen](https://www.headway.org/depression-screen) to assess your or your teen's symptoms.
- Call us at 763-746-2411. We can help!