



## 10 Telltale Signs Your Teenager May Be Depressed

*By Jim Burns, Ph.D.*

The teenage years are an emotional rollercoaster – I mean, in all honesty, which of us parents would willingly go back and relive our junior or high school years all over again?!

The happy times for a teenager can be utterly sensational . . . but the “down times” are very real as well. A recent national survey reported that many teens experience feelings of depression and sadness that often go untreated – and that 9 out of 10 adolescents have periods of depression that last at least two weeks.

So, what’s a parent to do? Well, a good place to start is identifying whether or not your child has a problem. And, to do that, it’s worth considering how many different types of depression there are.

*There are actually four varieties of the illness:*

**Reactive Depression** The most common form of mood problem in children and adolescents, it’s also the least serious. Reactive Depression is a depressed state brought on by difficulty adjusting to a disturbing circumstance. This could involve something as serious as the loss of a parent or as relatively inconsequential as a rejection or slight from a good friend. It usually lasts anywhere from a few hours to a couple of weeks, but it’s not considered to be a mental disorder.

**Bipolar Disorder** Also known as “manic depression,” this is characterized by unusual shifts in mood and energy. Though not as common in young people, the condition frequently begins with a depressive episode during adolescence.

**Dysthymic Disorder** A milder but more chronic depression also known as “dysthymia.” It is a low-level depression that is felt most of the day most days, and continues for years. In adolescents, the average duration is four years – meaning that they spend virtually their entire adolescence in a depressed state.

**Major Depressive Disorder** A serious depression that in adolescents lasts for seven to nine months on average. It has many similarities to adult depression – sadness, pessimism, sleep and appetite disturbance – but in other ways it is distinct. (For example – anxiety symptoms and irritability are more common in depressed teenagers than adults.)

Adolescents frequently have the “atypical” form of MDD. This is characterized by being overly sensitive to the environment and responding to perceived negative interactions, with symptoms opposite from the “classic” picture (e.g. overeating or sleeping too much, rather than too little).

**NOTE: Double Depression** is a combination of Dysthymic Disorder and MDD – a depression that is both serious and chronic.

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## 10 Things You Should Do When Your Teen's in Trouble

*by Jim Burns, Ph.D.*

1. **Seek Help.** Don't suffer in silence. *Take action based on what really did happen.*
2. **Don't Be Afraid to Intervene and Confront.** This isn't a popularity contest – especially not now. Always remember that you are helping your children learn to become responsible adults . . . and many valuable lessons can be learned during a time of trouble.
3. **Develop a Plan.** Failing to plan is planning to fail.
4. **Spend Quality Time with Your Kids.** When a crisis arises, your child needs you more than ever. Give them the opportunity to restore credibility with you, and invest of yourself with them for the future.
5. **Learn Everything You Can About Their Specific Crisis.** Not too many pregnant 15-year-old girls know that adoption is an option. Get the facts – become the “expert” your kids rely on to help them through their difficult situation.
6. **Help Find Positive Friendships.** They're certainly not the only ones to have ever faced what they're going through. Show them that there are friends out there who will listen to them and totally understand without judging them.
7. **Include the Church Youth Group.** Contact the Youth Pastor at your church immediately. If your church doesn't have one, find a church that does . . . and start going there.
8. **Seek Counseling for a Realistic Assessment of the Situation.** Both you and your teen need good information from trusted professionals. Emotions run high during times of crisis. Make sure you're receiving loving, level-headed advice.
9. **Pray.** Pour your heart out to God, both with your child and on your own. He knows – He cares – and He understands your hurts.
10. **Remain Calm.** Resist the temptation to impulsively discipline your child in a moment of anger and fear. God will see you through this!

### UP-COMING EVENTS

<b>April</b>	2-Wed.- Rise Up - 6:30-8pm 7-11 - Spring Break (No FUEL) 8-Tues.-Lunch Out -11am-2pm 15-Tues.-Dinner 4 Ten- 6pm 18-20 - IMPACT 2008 Disciple Now 23-Fundraiser Dinner - Lasagna 27-Sun.-SMAC-12:15-2:30 30 -Wed.- Sports Night at FUEL (Wear Favorite Jersey)	<b>June</b>	6- Fri. – Water Skiing Trip 8-12. – Middle School Madness 16 – Mon. - First Summer Small Group 20—Fri. - Whitewater Rafting (HSM) 23-28 –Centrifuge (MSM)
<b>May</b>	2- Fri.– Drive In Movie Night- 8pm 3-Sat.-Monster Truck Rally 6- Tues. - Dinner 4 Ten - 6pm 14-Fundraiser Dinner - Hamburgers 23-24 –Rock a Thon Fundraiser	<b>July</b>	6-12 - Reconstruct (HSM) 17 - Thurs. - Tubing (MSM) 21-24 - TUPOS (VBS at Clover Ranch)
		<b>August</b>	4- School Begins 10-Sun.-P78 Meeting 13-Wed.-CRUNCH NIGHT 22-Fri. –ROAD RAGE

## 10 Telltale Signs Your Teenager May Be Depressed Cont.

SO . . . HOW CAN YOU TELL IF YOUR TEENAGER IS DEPRESSED?

**Is he or she always sad or in an irritable mood?**

**Has he or she lost interest in something he or she previously enjoyed?**

**Have you noticed a significant change in his or her eating patterns?** (Has your son seemed to “lose” his appetite – or has your “figure-conscious” become a “chow hound?”)

**Is your former “early riser” now sleeping in considerably longer?**

**Does he or she have trouble concentrating on projects that “never used to be a problem before?”**

**Has your son or daughter recently begun expressing feelings of worthlessness or inappropriate guilt?**

**Do they fear death?**

**Is your son or daughter experiencing excessive boredom?**

**Is your son or daughter prone to sudden outbursts of shouting, complaining, unexplained irritability or crying?**

**Has your son or daughter recently begun complaining about frequent vague, unspecific physical ailments?**

*If anything on the list applies to your child, he or she may be dealing with depression. Get help—and get it today!*

### IT'S IN THE NUMBERS!

#### Most Important Relationships

- The people most likely to list God were 40 or older.
- Political conservatives were almost three times as likely as political liberals to identify God as their most important relationship (33% vs. 12%, respectively).
- People in the Midwest were only half as likely as residents of the West and Northeast to say their children are their most important relationship.
- The only subgroup for which at least one-third said God was their most significant relationship was evangelicals, among whom 70% listed God.
- Thirty percent of Protestants listed God as their most important connection. In contrast, just 9% of Catholics did so.
- Blacks were about twice as likely as all other Americans to describe their bond with God as their most important relationship.
- Women were nearly twice as likely as men to list their children as their most important relationship.

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NEXT P78 MEETING:  
August 10

WE ARE ON THE WEB!  
[www.h1studentz.com](http://www.h1studentz.com)



The Hampton First Baptist Church Student Ministry exists to Encourage Students to: **Reach** their friends for Christ, **Encounter** Christ through God's Word, **Associate** with other believers in their spiritual journey, and to **Live** a life of worship.

REAL FAITH FOR THE REAL WORLD

A FEW RESOURCES FOR YOU!!!

[www.homeword.com](http://www.homeword.com)

[www.cpyu.org](http://www.cpyu.org)

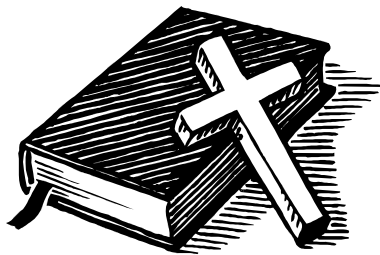
[www.family.org](http://www.family.org)

[www.pluggedinonline.com](http://www.pluggedinonline.com)

<http://barna.org>

[www.sacredgateway.org](http://www.sacredgateway.org)

<http://search-institute.org>



PSALM 78:1-8

1. O my people, hear my teaching; listen to the words of my mouth.
2. I will open my mouth in parables, I will utter hidden things, from of old—
3. what we have heard and known, what our fathers have told us.
4. We will not hide them from their children; we will tell the next generation the praiseworthy deeds of the Lord, his power, and the wonders he has done.
5. He decreed statutes for Jacob and established the law in Israel, which he commanded our forefathers to teach their children,
6. so the next generation would know them, even the children yet to be born, and they in turn would tell their children.
7. Then they would put their trust in God and would not forget his deeds but would keep his commands.
8. They would not be like their forefathers—a stubborn and rebellious generation, whose hearts were not loyal to God, whose spirits were not faithful to him.