

# Depression in Adolescents

297 Beechwood Court, Stillorgan, Co Dublin, A94 N726

Email: [info@counsellor.ie](mailto:info@counsellor.ie)

Phone: +353 1 2100 600



## Overview

Depression is a mental health condition which causes individuals to experience feelings of sadness, despair, and hopelessness. These feelings tend to not go away and can last for weeks and even months. **It is not something that people can control or snap out of overnight**, but rather a serious condition that can have a drastic negative effect on one's development throughout their adolescent years

In adolescents, depression is often missed or ignored by others and labelled as cases of irritability or changes in mood stemming from puberty. However, that is not the case and in 2019, an average of 12% of Irish adolescents reported that they were experiencing symptoms of chronic depression

## Signs of Depression

Feelings of sadness and despair, along with anger and irritability.

Energy levels are often depleted, along with feelings of tiredness (lack of motivation and boredom).

Sleeping and eating pattern has changed.

Thoughts are difficult to focus (overall difficulty in concentrating).

Interests in life such as hobbies, family and one's social life no longer seem enjoyable.

View of one's self esteem is low (overall harsh view of oneself).

Aches and pains throughout one's body without any apparent cause.

Loss of interest in living and frequent thoughts of suicide or self-harm.

F E S T I V A L

Source: <https://www.aware.ie/information/depression/>

## Causes

- Traumatic life event
- Imbalanced brain chemistry and hormones
- Genetics
- Learned patterns of negative thinking
- Environmental factors (family and school issues)

**Help is  
always  
available**



# Treatment Options

For the treatment of depression, a range of different options are available such as safety plans, community based mental health resources and stress management techniques (amongst others). However, the most effective forms of treatment include evidence-based approaches such as psychotherapy and medication to help relieve the symptoms of depression

## Psychotherapy

### Cognitive behavioral therapy

A form of talk therapy that aims to clarify the reasons why a person is feeling depressed and to change their style of thinking to address them

### Interpersonal psychotherapy

A form of therapy that aims to provide individuals with various strategies to effectively communicate their emotions with others so as to improve relationships with friends and family

## Prevention

While there is no guaranteed way to prevent the symptoms of depression from manifesting, there are various strategies that may be helpful in reducing the risk

Try to get approximately eight hours of sleep a night

Exercise regularly and get outside

Practice different strategies to reduce and control stress

Reach out to friends and family in times of need

Seek help at the earliest opportunity

## Medication

Your GP will work with you and help you find the right medication that works best for you in helping to reduce the symptoms of depression

