Depression is an illness that is real but treatable. Most of us feel sad or unhappy at times in our life, but major depression extends for longer periods of time. (usually lasting more than 2 weeks) and interferes with our daily life. This shouldn’t be taken lightly it is helpful to learn the signs and symptoms so that you can either get yourself or a friend to an adult who can help.

Depression:

-Lack of enthusiasm, energy or motivation

-Poor performance in school

-Indecision, lack of concentration or forgetfulness

-Withdrawal from friends and activities

-Sadness and hopelessness

-Aubstance abuse

-Anger and rage

-Overreaction to criticism

-Feeling unable to satisfy ideals

-Poor self- esteem or guilt

-Restlessness or agitation

-Changes in eating or sleeping

-Problems with authority

-Suicidal thoughts or actions

Where do you go for help? Caring Adult in the School-Instructor,HEART Team, Counselor, Nurse.

In helping others, we also help ourselves. So let’s have each others’ backs and get help not only should you need it for yourself but also if you see a friend in need or crisis.