

Take a minute to answer the following two questions:

1. During the past month, have you been bothered by feeling down, depressed, or hopeless?

Yes No

2. During the past month, have you often been bothered by little interest or pleasure in doing things?

Yes No

If you answered yes to either question, then talk to your doctor. He or she can help!

Remember, depression is treatable. You don't have to feel this way.

For more information on depression, go to:

My Online Wellness™

www.myonlinewellness.com/topic/depressioncenter

National Institute of Mental Health

www.nimh.nih.gov

National Alliance for the Mentally Ill (NAMI)

www.nami.org



Don't let depression get
the best of you.



A plan for life.

Capital District Physicians' Health Plan, Inc.
Capital District Physicians' Healthcare Network, Inc.
CDPHP Universal Benefits,® Inc.
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Teen Depression
You're not alone.



A plan for life.

Take Charge of your health – seek treatment today.

The teen years can be very stressful and emotional. How do you know whether you have the “blues” or are actually depressed?

Feeling “blue” or “down” happens to everyone. It’s when it continues for longer than a few weeks that it may be depression. You may feel that you just can’t shake the feeling of sadness.

DO YOU:

- Sulk?
- Get into trouble at school?
- Feel you are always negative?
- Feel you are always irritable?
- Feel misunderstood?

Many teens experience some level of depression as they go through their adolescent years. Don’t feel that you are the only one that has felt this way.

Experts estimate that nine out of every 100 teens have had serious depression.

YOU MAY FIND YOURSELF

- Withdrawing from friends
- Not participating in activities you used to enjoy
- Overeating
- Not eating enough
- Unable to sleep
- Sleeping too much
- Always angry

TELL SOMEONE HOW YOU ARE FEELING.

Talk to:

- Your doctor
- Your parent
- A teacher
- A coach
- A counselor

WHAT CAN YOU DO?

- Talk to someone
- Don’t isolate yourself
- Exercise (run, play ball, or just go for a walk)
- Eat right
- Avoid alcohol and drugs

Early treatment can prevent it from getting worse. CDPHP® wants to help. We can assist in finding a behavioral health specialist to help you through this difficult time.

Call toll free 1-888-320-9584



If you have thoughts of hurting yourself,
get help immediately.