

UA Center for Youth Development and Intervention



Let's Talk About: **Depression**



Signs & Symptoms to Look For:

Frequent thoughts of death, dying, or suicide

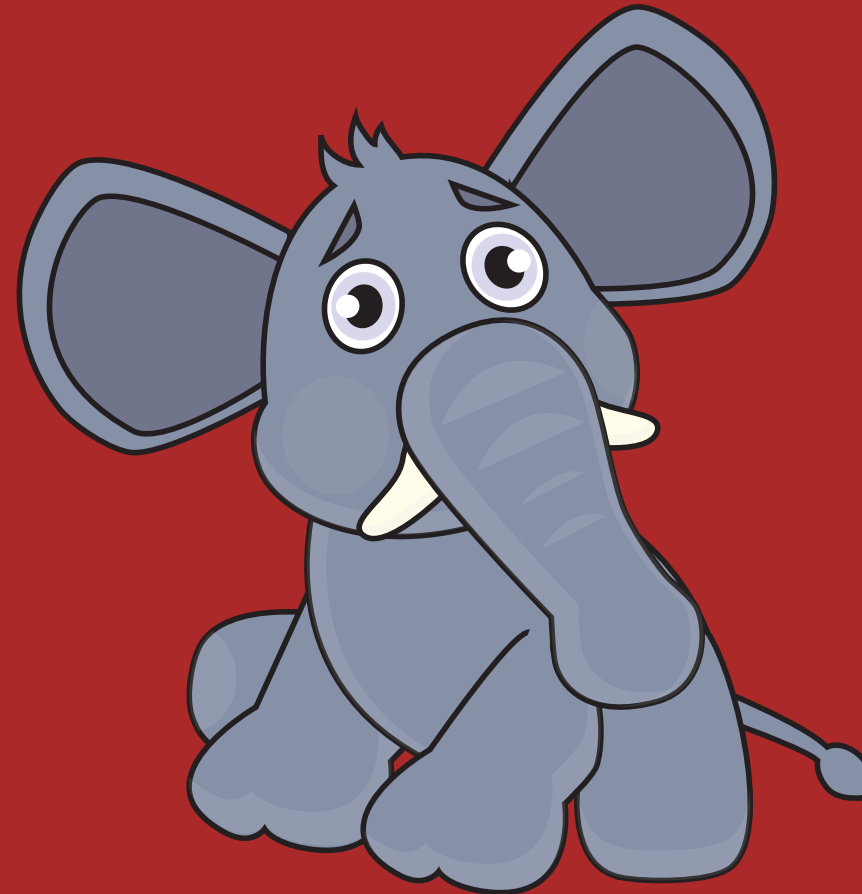
Loss of interest in everyday activity

Preference to be alone

Decline in grades

Trouble thinking, remembering, and making decisions

Frequent complaints of bodyaches or headaches



Loss of energy or sleep changes

Disruptive or risky behavior

Changes in mood: irritability, anger, sadness

If you begin to recognize these signs, contact your child's medical or mental health professional
The National Suicide Prevention Lifeline (1-800-273-8255)

