

When you just don't know who to talk to ...

**TEEN
LINE** can help.

1-800-443-8336
1-800-735-2942 (TT/TTY)

- Available 24 Hours Daily
- Confidential
- Free

- Health Eating/Weight
- Relations with Parents or Friends
- Violence
- AIDS/HIV
- Alcohol or Drug Use
- Sexual Relationships
- Birth Control/Pregnancy
- Stress
- Sexually Transmitted Diseases

Feel free to **download publications** on Family Relations, Parenting, Abuse, Wellness, and many other areas to choose from!

Additional resources:

[National Campaign to Prevent Teen Pregnancy.](#)
[Iowa Collaboration for Youth Development](#)
[Girls Incorporated](#)

Brochures displaying the number are available free of charge. Request yours today by calling 1-800-443-8336 or send an e-mail to teenline@iastate.edu and indicate the number of brochures needed, your mailing address, and phone number.

TEEN Line is not a crisis or "hot" line. The line is a service of the [Iowa Department of Public Health](#) and answered 24 hours a day through a contract with **Iowa State University Extension**.

[ISU Extension](#) | [Iowa State University](#)



*Maintained by Tammy Jacobs
(trjacobs@iastate.edu)
Last update: May 1, 2012*

Recognizing the Signs of Teen Depression

Teens are in a good position to notice the early signs of depression. You see your circle of friends and other students in your classes on a daily or regular basis. Students are more likely to talk to a peer that they develop a relationship or friendship with than with their parents or the school counselor.

So what are the symptoms of teen depression:

Mood Disorder: Changes in how the teen views themselves and how they view the world.

Mood Changes:

Sad, Irritable or angry, stop caring, nothing matters to them---absence of joy

Changes in Thinking

Pessimistic, Self Critical, Problems concentrating, Thoughts of Death

Changes in Behavior

Act Out

Aggressive

Withdraw

Shut Down, Go Away and be Quiet....Passive

Physical Changes

Appetite Changes—Gain or Lose Weight

Change in Sleeping

How is this different in a depressed teen from the ups and downs of teens that occurs frequently.....It is the coming together over a period of time where several symptoms come together and last for a couple of weeks or more....they don't bounce back.

Other disorders that often associate with depression:

Conduct disorder—acting out destructively

Alcohol and drug abuse

Anxiety Attacks

Iowa Department of Public Health Checklist:

Split into four groups and have them identify symptoms exhibited in each teens story.
Share what response we could provide.