



TEENAGE DEPRESSION

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TEEN DEPRESSION: A OVERVIEW



TEEN DEPRESSION is a serious mental health problem that causes a persistent feeling of sadness and loss of interest in activities. It affects how your teenager thinks, feels and behaves, and it can cause emotional, functional and physical problems .

CAUSES OF TEEN DEPRESSION?

Issues such as peer pressure, academic expectations and changing bodies can bring a lot of ups and downs for teens. but for some teens, the lows are more than temporary feelings– they're symptoms of depression.



SYMPTOMS OF TEEN DEPRESSION.

- 1) Aloneness and suicide thought.
- 2) Lack of interest in hobbies and activities
- 3) Low energy and poor academic performance
- 4) Change in sleep pattern





ADDICTION OF DRUGS AMONG TEENS.

- Approximately 50% of high school senior had used illicit drugs at some point in their lifetime .
- The more teen used substance to self medicate for depression, the more likely he/she is to become drug addict.



- TEEN CARE matches you to a therapists based on your choices.
- Therapists must have 3yrs and 2000hrs of experience. You may switch your therapists if your not comfortable.
- You will be able to do video sessions, texting or live chats.
- When you first sign up TEEN CARE uses artificial intelligence to suggests therapists based on your data provided.



- Unlike the a regular weekly once sessions,you can text your counselor questions or observations as they come,and they'll reply within guaranteed time period.
- Speciality about TEEN CARE is we have therapists from different time zones and you can reach them at any time.
- TEEN CARE is a non-profitable organisation made for teens to overcome teenage depression.



PROS OF ONLINE THERAPY.

- ❖ Accessibility for people with physical limitations.
 - Online therapy provides accessibility to individuals who are disabled or housebound.
- ❖ Good option for remote areas .
 - Online therapy offers access to mental health treatment to people in rural or remote areas.
- ❖ Online therapy may be as effective.
 - Research shows that online therapy can be just as effective as in-person therapy for various mental health conditions.

CONS OF ONLINE THERAPY.

- ❖ Some states do not allow out of state providers.
 - Many states don't allow out of states psychologists. In such case therapist must be licenced both in their state and your state.
- ❖ Insurance companies may not cover it.
 - Insurance coverage for E-therapy can depend upon the state where you have, some insurance policies do not cover online therapy.

CHALLENGES TO PARENTS RECOGNITION OF THEIR CHILD'S DEPRESSION.

1. Hard tell normal ups and downs from depression of teens to their parents
2. Youth is good at thinking feeling .
3. Teen do not talk about their feeling much to their parents.
4. Parents don't spend much time with their kids.
5. A child's healthy development depends on their parents and other caregiver who act in the role of parents who serve as their first independent and leading healthy and successful life.



THANK

YOU