

## Understanding teen depression

There are as many misconceptions about teen depression as there are about teenagers in general. Yes, the teen years are tough, but most teens balance the requisite angst with good friendships, success in school or outside activities, and the development of a strong sense of self. Occasional bad moods or acting out is to be expected, but depression is something different. Depression can destroy the very essence of a teenager's personality, causing an overwhelming sense of sadness, despair, or anger.

Whether the incidence of teen depression is actually increasing, or we're just becoming more aware of it, the fact is that depression strikes teenagers far more often than most people think. And although depression is highly treatable, experts say only 20% of depressed teens ever receive help.

Unlike adults, who have the ability to seek assistance on their own, teenagers usually must rely on parents, teachers, or other caregivers to recognize their suffering and get them the treatment they need. So if you have an adolescent in your life, it's important to learn Signs and symptoms of teen depression