

Signs of teenage depression

Teenagers having personal, social and family problems are very easy prey of [depression](#). Depression is a problem which haunts not only adults but also teenagers. During teenage a child suffers from intense emotional and mental stresses due to which child tends to develop feelings of depression.

As a responsible parent you must know all the signs and symptoms of depression so that you can help your child if he/she is suffering from these feelings of disgust. If you want to bring back happiness into the life of your child then you must take preventive measures and proper medication in order to help your child. With the right motivation and remedies you can certainly bring back the peace of mind of your child. Here are some of signs of teenage depression.

1. A teenager suffering from depression becomes sad and even shows tearfulness. There are many other ways of identifying sadness apart from tears and crying. Dressing is the most common way through which teens try to convey their sadness. Teenagers usually compose poems and stories so with the reference of the content you can find out whether your child is depressed or not. Always look out for a sense in every activity your child does, if there is some change in his/her daily routine, the child might be suffering from depression.
2. Another sign of teenage depression is reflection of hopelessness in your child's attitude. There can be instances when your child might feel that life is no more worth living indicating that your son or daughter has lost complete hope in survival. Your child becomes least bothered what others think about his/her appearance and behavior. If your teen displays these symptoms then he or she may be suffering from feelings of depression.
3. If your child is suffering from depression then you can identify it by keeping an eye on daily routine of your child. Usually a child starts showing less interest even in his favorite activity. There would be sudden change in behavior of your child. A teenager might be dropped from school or club due to lack of interest. If something like this happens then you must consult doctor as your child might be depressed.
4. Teenagers suffering from depression tend to display lack of energy even in their favorite activities. Usually a child shows boredom in an enjoyable activity. Lack of motivation and low grades in academics can be signs of depression in teenager.
5. If your child starts avoiding socializing amongst friends and families then you need to take care as he or she might be suffering from depression. Usually during depression a teenager avoids talking of things that are bothering him. Your child might try to isolate himself from the world outside.
6. Another sign of teenage depression is lowering of confidence. Your child will develop negative feelings and start complaining about everything. A person who lacks confidence is worst affected by failures. So your child might end up being depressed.

About the Author

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