

Teen Depression: the Brain, Signs and Symptoms



Depression and the Brain

- Neurons in the hippocampus diminish as depression affects the brain's chemical balances, causing problems concentrating and memory loss.
- A shrinking hippocampus can also make it harder to complete routine tasks, leading to feelings of despondency, remorse, and worry.

Physical Symptoms

- Unexplained aches and pains
- Digestive issues
- Changes in sleep patterns
- Fatigue and consistent low energy
- Appetite or weight changes



Emotional Symptoms

- Persistent feelings of sadness and hopelessness
- Loss of interest in activities you previously enjoyed
- Irritability and frustration
- Anxiety
- Trouble with concentration
- Feelings of guilt and worthlessness
- Suicidal thoughts and ideations

Warning Signs

- Suicidal ideations
- Writing poems or stories about suicide
- Engaging in reckless behavior
- Saying goodbye to friends and family
- Cryptic social media updates (referencing suicidal thoughts)

