

Depression is not normal teen moodiness; it is a medical condition that interferes with a child's life and may have long-lasting symptoms. Depression can lead to suicide. Treatment is essential. Consider these facts:

- 1. Depression begins in adolescence.**
  - At least half of all cases of depression begin by age 14.\*
- 2. Teen depression is common.**
  - By the end of their teen years, 20% will have had depression.\*
- 3. Depression is treatable.**
  - More than 85% of teens improve with a combination of medication and therapy.\*
- 4. Many teens do not receive appropriate help.**
  - Over 65% of teens don't receive treatment from a mental health provider.\*
- 5. Untreated depression has serious consequences.**
  - It can lead to substance abuse\*, academic failure\*, bullying\*, eating disorders, and suicide\*.

**Join us for a free event to learn more about  
what depression looks like in teens and how to respond.**

**Wednesday, May 11**

**6:30 – 8:00 PM**

**Malden High School Library**

**77 Salem Street**

### **Teen Depression Workshop**

For Parents, Teachers, School Counselors and Staff, Youth Workers, and Other Caring Adults

### **Teen Speakers**

For Middle- and High-School Aged Students

Can't attend? View our free Teen Depression Webinar, Tuesday, March 1st at 7:00 PM ET.  
Find out more and register at [www.familyaware.org/trainings](http://www.familyaware.org/trainings)

If a teen you know has been thinking about death or suicide, page their clinician, call 9-1-1, or take them to their local emergency room immediately.

\*Learn more, and find a more detailed Teen Depression Fact Sheet, including citations, at [www.familyaware.org/teens](http://www.familyaware.org/teens).

**Malden Events sponsored by  
Malden Special Education Parent Advisory Council (SEPAC) and  
the Office of Mayor Christenson**

**Families for Depression Awareness** is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. Our Teen Depression programming in Malden is supported by: **Adelaide Breed Bayrd Foundation and John Donnelly Trust.**