

SA TEEN DEPRESSION & SUICIDE WARNING SIGNS



WHAT TO LOOK FOR

Talking about

- Thoughts of death or suicide
- Feeling hopeless or having no reason to live

INCREASED RISK FACTORS



Extreme anxiety, agitation or enraged behaviour



Excessive drug and / or alcohol use or abuse



History of physical or emotional illness



Feelings of hopelessness or desperation

DEPRESSION

Be concerned if at least **5** of the following symptoms have been present nearly every day for at least two weeks:



Loss of pleasure / withdrawal from activities that had once been enjoyable.



Depressed mood



Change in sleeping patterns



Change in appetite or weight



Speaking or moving with unusual speed or slowness



Fatigue or loss of energy



Change in appetite or weight

Disclaimer: This info-graphic does not cover every aspect of teen depression and suicide. Consult a doctor if you are concerned about depression and suicidal behaviour contact 011 219 9626 or mentalhealth.headoffice@lifehealthcare.co.za. The information is shared on condition that readers will make their own determination, including seeking advice from a healthcare professional. E&OE. References: SADAG; Schlebusch, 2005; Alda Smitt, 2008

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