



OVERCOMING DEPRESSION

A GUIDE FOR PLAYERS



YOU ARE NOT ALONE

Depression occurs more frequently than you think, with **close to 15 percent of teens reporting one depressive episode**. However, depression is treatable. It's important to seek a doctor or healthcare professional when depressive symptoms are persistent (lasting longer than 2 weeks), intense, or begin to impact your daily functioning.

Depression is a mental health issue that causes an intense or constant feeling of sadness or loss of interest in activities. Many stressors can influence depressive symptoms and cause depression for individuals your age:

- Academic stress
- Peer pressure
- Relationship problems
- Parental separation
- Financial problems
- Physical/emotional neglect

ARE YOU EXPERIENCING THE FOLLOWING?

If you experience **4 or more** of these symptoms for at least two weeks, talk to your family or a mental health professional.

- Feelings of sadness, anxiety, irritability, fear, hopelessness or that things will never get better
- Physical symptoms such as a change in appetite, excessive or not enough sleep, poor memory, inability to concentrate, or increased use of alcohol or drugs
- Loss of interest or lack of motivation that results in poor academic performance, skipping class, and social withdrawal
- Thoughts, comments of threatening death, dying or suicide*

*Seek immediate help if you are experiencing thoughts of hurting or killing yourself.

SYMPTOMS OF DEPRESSION CAN INCLUDE

Feelings of sadness and hopelessness

Displaying an irritable or annoyed mood

Loss of interest in activities

Conflict with others

Low self-esteem

Fixations or extreme sensitivity to past failures

Trouble concentrating

Thoughts of death or dying, or having a suicide plan or attempt

Irregular sleep

Poor hygiene

Angry outbursts or risky behavior

Changes in appetite

TIPS TO MANAGE DEPRESSION

Intentionally move your body – sometimes it is helpful to just get outside and out of your head.

Talk to a mental health professional.

Practice good nutrition.

Get the appropriate amount of sleep – without your phone in the same room.

Create a thought journal – becoming mindful of your emotional state and writing down the thoughts associated helps you to identify and detach from them.

Set appropriate goals for yourself – it's ok to take your time and to take small steps that feel comfortable for you while working toward your goal.

Engage in positive and joyful activities.

Stay connected with friends.

Give yourself some grace, we all experience negative emotions and working through them, acknowledging them and engaging in coping strategies can go a long way.

REMEMBER: There are resources available, talking to someone can help.

If you have concerns regarding your own safety, call 911 or 988

**Spanish language hotline:
1-888-628-9454**

RESOURCES

[UNDERSTANDING DEPRESSION \(www.adaa.org\)](http://www.adaa.org)

[SUICIDE PREVENTION \(www.suicideprevention.nv.gov\)](http://www.suicideprevention.nv.gov)

[TEEN DEPRESSION \(www.mayoclinic.org\)](http://www.mayoclinic.org)

This information should not be used for diagnosing or treating a health problem or disease; anyone seeking personal medical advice should consult with a licensed professional



DEVELOPED BY



POWERED BY



PRESENTED BY



Content developed and reviewed by Lisa Corbin, PhD, LPC, NCC and Jessica Glass Kendorski, PhD, NCSP, BCBA-D, faculty at the School of Professional and Applied Psychology at Philadelphia College of Osteopathic Medicine (PCOM).

