

I feel so alone.

Is this all there is?

What's the point?

Why can't things stay the same?

I just can't do it all...

THE FACE OF DEPRESSION

BY AGE

Depression doesn't always look like you might expect. It can take on different appearances at different times in life. Here's our guide to recognizing signs of depression at each life stage.

 <p>12 CHILDREN</p> <p><i>Depression is not common in children.</i></p>	 <p>12-18 TEENS / ADOLESCENTS</p> <p><i>Some mood swings are part of normal behavior.</i></p>	 <p>19-29 YOUNG ADULTS</p> <p><i>This stage of life can be a trigger for depression.</i></p>	 <p>30-60 ADULTS</p> <p><i>Depression can strike at any age and is rising in baby boomers.</i></p>	 <p>60+ SENIOR ADULTS</p> <p><i>A quarter of people 65 and older suffer from depression.</i></p>
<p>! TRIGGERS</p> <ul style="list-style-type: none"> • Domestic violence, parental depression, other family stressors • Learning problems 	<p>! TRIGGERS</p> <ul style="list-style-type: none"> • Difficulties in school • Pressure to perform • Rejection by peers • Lack of sleep 	<p>! TRIGGERS</p> <ul style="list-style-type: none"> • Major life transition • Lack of support in new environment • Lack of coping skills 	<p>! TRIGGERS</p> <ul style="list-style-type: none"> • Lots of responsibilities – no relief • Social isolation 	<p>! TRIGGERS</p> <ul style="list-style-type: none"> • Social isolation • Major life losses • Physical illness • Medications
<p>★ SIGNS</p> <ul style="list-style-type: none"> • Problems in school • Loss of interest in fun • Difficulties with parents, siblings 	<p>★ SIGNS</p> <ul style="list-style-type: none"> • Mood changes longer than a few weeks • Problems at school, home, with friends • Unusual levels of irritability and lashing out 	<p>★ SIGNS</p> <ul style="list-style-type: none"> • Mood changes longer than a few weeks • Problems at school or work • Withdrawal; hopelessness • Drug or alcohol abuse 	<p>★ SIGNS</p> <ul style="list-style-type: none"> • Mood changes longer than a few weeks • Problems at work, home, socially • Withdrawal, hopelessness • Drug or alcohol abuse 	<p>★ SIGNS</p> <ul style="list-style-type: none"> • May be physical complaints, not sadness • Mood changes that don't let up (grief fluctuates) • Problems in concentration
<p>? HOW TO HELP</p> <p>Talk to professionals:</p> <ul style="list-style-type: none"> • Child's primary care doctor • Family counselor • Teacher, school counselor 	<p>? HOW TO HELP</p> <ul style="list-style-type: none"> • Have a talk in a low-pressure environment – on a walk or drive • Encourage teen to confide in others – teacher or friend • Make appt with primary care doctor 	<p>? HOW TO HELP</p> <ul style="list-style-type: none"> • Prepare them for transition • Help build a support system • Stay connected • Get contact info for a good friend 	<p>? HOW TO HELP</p> <ul style="list-style-type: none"> • Listen to concerns • Suggest visit with primary care doctor • Encourage balance and self care 	<p>? HOW TO HELP</p> <ul style="list-style-type: none"> • Listen to concerns • Suggest visit with primary care doctor • Create ways to socialize

ALL AGES

Seeing a primary care physician (PCP) can lessen the stigma of depression. PCPs now routinely screen for depression in office visits. Medications may be useful but are not always necessary. Many solutions are available.

Created in partnership with [Meg Durbin, MD](#), adult and pediatric primary care expert with [Palo Alto Medical Foundation](#)