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Know The Difference

Normal teen behavior	vs.	Depressed teen behavior
Spending a lot of time in their room		Stops doing activities they like to do
Spending more time with friends		Isolation from everyone
Won't come to parents when upset, will go to friends		Won't go to friends or parents when upset
Bad decisions / lapses in judgment		Not doing anything at all
Staying up late and sleeping in		Always tired, not being able to sleep or sleeping all the time
Lack of hygiene, with attitude "I'm fine, it's not THAT bad."		Hygiene issues more extreme, last for longer periods of time, with attitude "what's the point?"
Anger in response to tasks/requests		Unpredictable emotional reactions, smaller things now bother them

Manipulative behavior: noticeable pattern of behaviors, only make suicidal/self-harm comments in response to tasks/requests they do not want to do (compared to suicidal statements frequently, both when emotional or when not emotional during depressive episodes).

Situation/Warning signs	What You should do:
Depressive episode is starting: increase in irritability/sadness, beginning to isolate, quitting activities they enjoyed, won't ever leave bed/room, sleep disturbance, appetite disturbance, hygiene issues worsen, increase in "snapping"	• Recommend making an appointment with psychiatrist and/or therapist. • Check in with them often • Encourage use of coping strategies
Your child says they want to harm themselves, do not think they can keep themselves safe, or you do not think you can keep them safe	• Seek emergency services (call 911, take to hospital)
You say something that makes the situation worse	• Apologize, empathize, validate (repair)
Arguing, escalation	• Use validation to de-escalate the situation
You see positive behavior	• Give rewards or verbal praise

Never hesitate to go to your local emergency room or call the police if you are unsure about someone's safety.