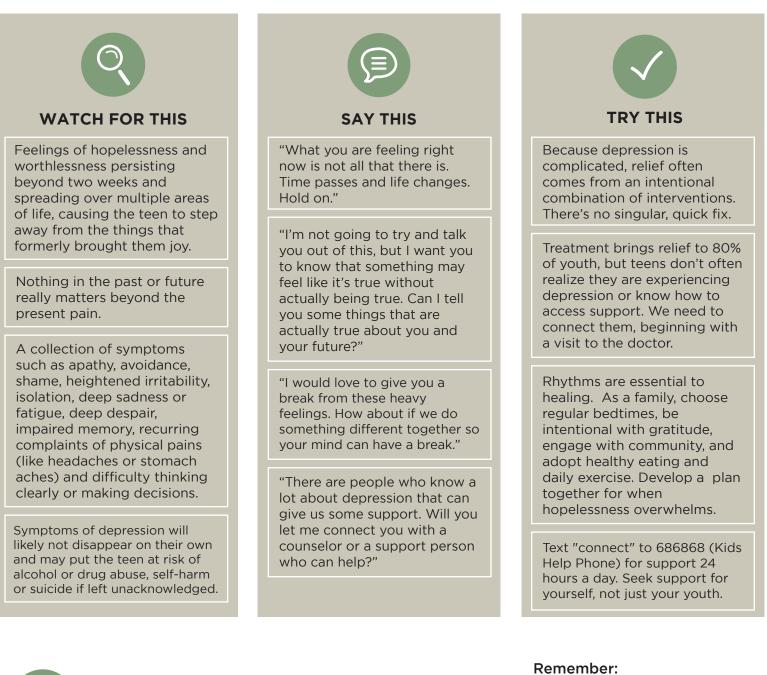
DEPRESSION HELPSHEET FOR PARENTS



Depression isn't about the level of happiness, it's about the loss of hope. But it isn't always easy to differentiate between depression and normal teenage moodiness. It can be tempting to minimize or to feel overwhelmed because we don't know how to "fix it", but depression often gets worse when ignored. Our teens need us to start the conversation and walk with them toward hope and healing.

NOTICE THIS:

It seems like there's a dark cloud over your teen that remains, even when circumstances change.



RESOURCES

To access all of our helpsheets online, visit youthunlimited.com/teentools

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"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strength you and help you." (Isaiah 41:10)