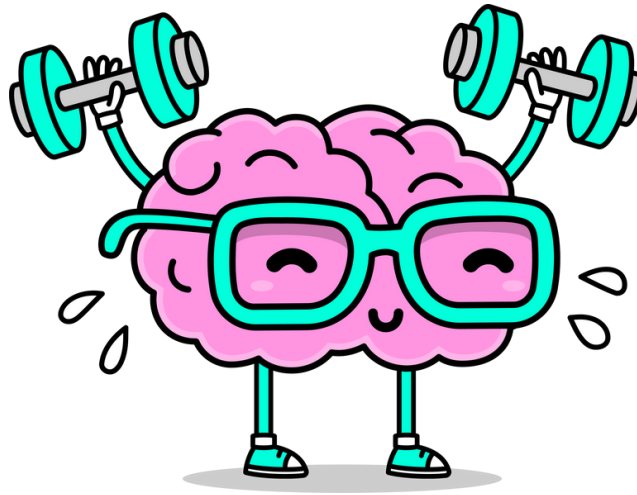


# DEPRESSION

is a common, serious, and treatable mood disorder impacting 15-20% of teens before adulthood



**Symptoms include:** depressed mood or irritability • loss of interest in pleasurable activities • change in weight or appetite • change in sleep • feeling sped up or slowed down • fatigue or loss of energy • feelings of worthlessness or guilt • trouble concentrating or making decisions • thoughts of death or acts of self-harm

*Worried about yourself or a friend?*

Schedule an appointment to see a school mental health worker today:



**Erika's Lighthouse**