

Teenage Depression

Teenage depression is a real concern which affects teenagers of all cultures and socioeconomic groups. Teenagers (and children), can experience depression in the same ways adults do. However, it is often more difficult for them to be able to express their feelings than it is for adults.

Teenagers might fear that they will be looked upon as different or feel that others will not understand them. Life can be complicated at this age as teenagers are beginning to understand who they are as they come into young adulthood. This is why it is important for adults to recognize the warning signs of teenage depression.

Common warning signs are:

- Decreased interest in previously enjoyed activities
- Appearing sad or tearful
- Relationship difficulties or social isolation
- Appearing angry or resentful
- Feelings of worthlessness or hopelessness
- Physical complaints
- Abuses of either alcohol or drugs
- Problems with appetite, sleep, or concentration
- Decreased academic performance or failing grades
- Thoughts or threats of self-harm or suicide

If any of these symptoms are present with your teen, it is very important to talk to him or her.

Be understanding, and listen without judging. This will allow him or her to open up without feeling he or she will be punished for sharing with you.

Encourage your teen to talk with a professional who can help sort out feelings, make sense of what is going on, and work on solutions to problems that are causing the symptoms.

If your teen has expressed a threat of harm to him or herself, do not take chances: Seek immediate medical or psychological help.

We are available to consult with you should you have any concerns regarding your teenager.

GARY BREUER, MA, LPC



My private practice is located in North Scottsdale, within the offices of PsychArizona. I work with children (ages 6 and older), pre-teens, adolescents and adults. I work with individuals, couples and families with issues of anxiety, depression, trauma, grief and loss, career, academic and workplace issues, relationship issues, LGBT concerns, personal growth and spirituality.

I use various therapeutic approaches depending on the needs of the client. These approaches include developmental, humanistic, cognitive-behavioral, existential, family-systems, mindfulness-based, transpersonal, and EMDR (Eye Movement Desensitization and Reprocessing). EMDR is a model used for the treatment of trauma, and has also been found to be successful in the treatment of various other disorders as well.

I have experience providing professional counseling in clinical, business, and school settings.

Apart from my private practice, I am also a Reiki Master and have a great appreciation and respect for alternative as well as conventional treatment approaches.

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