

Background Information

Depression is the mood/feeling of sadness or loss of interest in things and people. Depression also affects how you feel, think, and behave. This can have a huge effect on a teenager's daily life. For example lacking in school, losing relationships with people, not being very social, etc

Many factors increase the risk of developing or triggering teen depression, including: Having issues that negatively impact self-esteem, such as obesity, peer problems, long-term bullying or academic problems, having been the victim or witness of violence, such as physical or sexual abuse.

Literature Findings

According to suicide.org, a teen takes his or her own life every 100 minutes. Suicide is the third-leading cause of death for young people ages 15 to 24. Approximately 20 percent of teens experience depression before they reach adulthood, and from 10 to 15 percent suffer from symptoms at any one time. Only 30 percent of depressed teens are being treated for it. The number one cause of depression is changes in the brain. When depressed or stressed people tend to take medication, drugs, or alcohol, this will affect your brain causing it to change little by little. It's complicated, and there are multiple **causes of major depression**. Factors such as genetic vulnerability, severe life stressors, substance abuse and medical conditions can affect the way your brain regulates your moods.

Conclusion

We will design a program to support depressed teenagers in learning how they can persevere and get help. We also want to pinpoint their main causes of depression and help them seek a way to move on and live a happy fulfilling life. We will do this by having a support group with a therapist, depending on how severe their depression actually is. We will also have them write down what they are most comfortable with to help them reach their final objective. The thing that makes our program different from the rest is involving insomnia music, as well as dance sessions and non-violent board/video games as outlets for stress. We're asking for your support in this so we can lower the risk of depression, be a part of diminishing depression in teens, and finally overall spread happiness in our community.

Thanks for your time!!!

References

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