



YOUTH MOOD DISORDERS

An estimated 14.3% of adolescents had any mood disorder, and an estimated 11.2% had severe impairment.

ADOLESCENT EMOTIONAL HEALTH AND WELLNESS MATTERS.

AS CHILDREN AND ADOLESCENTS DEVELOP, THEIR EMOTIONAL WELLNESS IS GREATLY VULNERABLE TO TRAUMA AND STRESS. MAKING FEELINGS OF SADNESS OR DEPRESSION MORE INTENSE AND LONG-LASTING.



YOUR CHILD OR TEEN COULD BE SUFFERING FROM A MOOD DISORDER

YOUTH MOOD DISORDERS

What is youth mood disorder?

Youth mood disorders are characterized by a serious change in mood that causes disruption to life activities in children and adolescence. Typically defined by episodes of Mania, Depression or a combination resulting in Bipolar Disorder.



Children and adolescence do not exhibit the same symptoms as adults, making diagnosis much more difficult.

Mood disorders in adolescents puts them at risk for other conditions, that can also persist even after initial depressive episodes are resolved



Anxiety



Stress

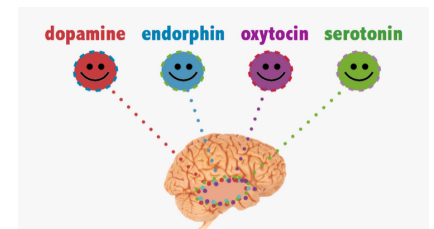


Trauma

What are the causes of youth mood disorder?

The causes of mood disorders in adolescents is not well known, but are believed to be influenced by many factors.

Chemical Imbalance in the Brain



Mood disorders may be caused by the imbalance of neurotransmitters, chemical signals, in the brain that affect mood. This imbalance can be triggered by environmental factors such as chronic stress and traumatic life events.



Family History

Mood disorders can run in families and be considered **multifactorially inherited** meaning that many factors are involved. This includes the combination of genetic traits from both parents where a mood disorder trait can be inherited from mother to daughter or father to son.

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What are the signs & symptoms of youth mood disorder?

Emotional Symptoms

Persistent feelings of sadness
Feeling Hopeless or Helpless
Low Self-Esteem or Inadequacy
Loss of Interest in usual enjoyed activities
Running Away from home, or threatening to do so
Difficulty with Relationships
Hypersensitivity to Failure/Rejection
Suicidal Thoughts or Ideation

Physical Symptoms

Decreased Energy and Fatigue
Difficulty Concentrating or Holding Focus
Frequent Physical Complaints (Headache, Stomachache etc.)
Physical and Verbal Aggression or Hostility
Self-Harm or Attempted Suicide
Extreme Changes in Sleep Patterns
Changes in Appetite or Weight

What are the treatment options for mood disorders?



Medications

Antidepressants and anti-anxiety medications are commonly prescribed to individuals coping with mood disorders to alleviate emotional distress. Most mental health professionals recommend them in combination with psychotherapy.



Psychotherapy

Psychotherapy, or talk therapy, is focused on changing thought patterns and behaviors. Cognitive behavioral therapy is often considered the benchmark therapy treatment for individuals living with mood disorders. It has been found to have significant positive treatment effects

MHA Georgia's

Six Tips and Tricks to Mental Health Wellness!

- 1 Know Your Triggers and Early Warning Signs of a Manic or Depressive Episode
- 2 Create Your Emergency Action Plan with Contacts, Medications and Preferred Treatment Plan
- 3 Don't Isolate! Join a Support Group or Build New Relationships for Face to Face Connection
- 4 Develop an Active Daily Routine with Healthy Lifestyle Choices
- 5 Keep Stress to a Minimum by using Relaxation Techniques and making Leisure Time a Priority
- 6 Watch what you put in your body by avoiding harmful substances and eating right!



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For Immediate Access to Routine or Crisis Services
Georgia Crisis & Access Line
1-800-715-4225
mygcal.com



This information was provided by the National Institute of
Mental Health. For additional information, please visit
www.nimh.gov