

The background is a vibrant, abstract composition of various shapes and patterns. It features large, organic shapes in shades of teal, orange, and yellow. Interspersed among these are areas with different textures: a grey background with a fine dot pattern, a teal area with a larger dot pattern, and a yellow area with a cross-hatch pattern. Small, black, wavy lines are scattered throughout the design, adding a sense of movement and detail.

Depression and Anxiety

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EPAA School Mental Health Team

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Meet the School Mental Health Team

EPAA Staff
(Mon - Fri)



Marco Calderon

(he/him)

Manager of
Social Services



Jeanette Lok

(she/her)

9th Grade
School
Counselor



Glenda Ortez-Galán

(she/her/ella)

Head Counselor

Stanford
Partners
(schedules
vary)



Dr. Ryan Matlow

(he/him)

Psychologist,
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Health Program
Director



Alaina Baker

(she/her)

School
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Therapist



LittleDove Rey

(she/her)

School
Mental
Health Team
Therapist



Samantha Sims

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School
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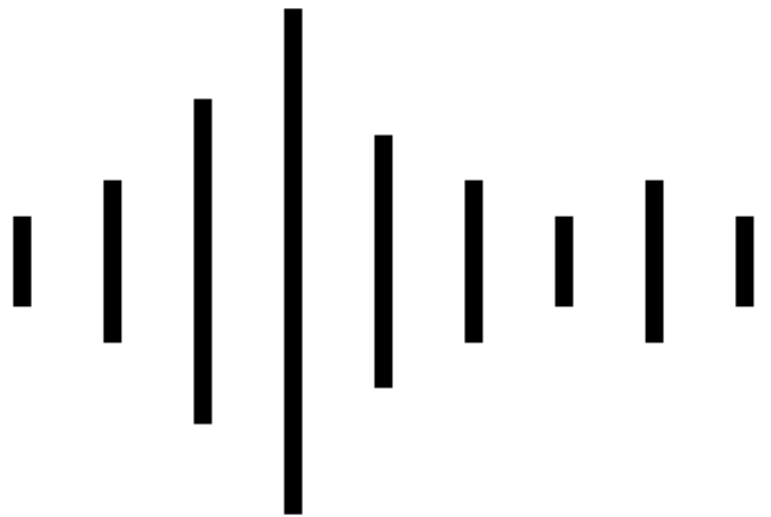


Juan Lopez, MD

(he/him)

Child &
Adolescent
Psychiatry Fellow,
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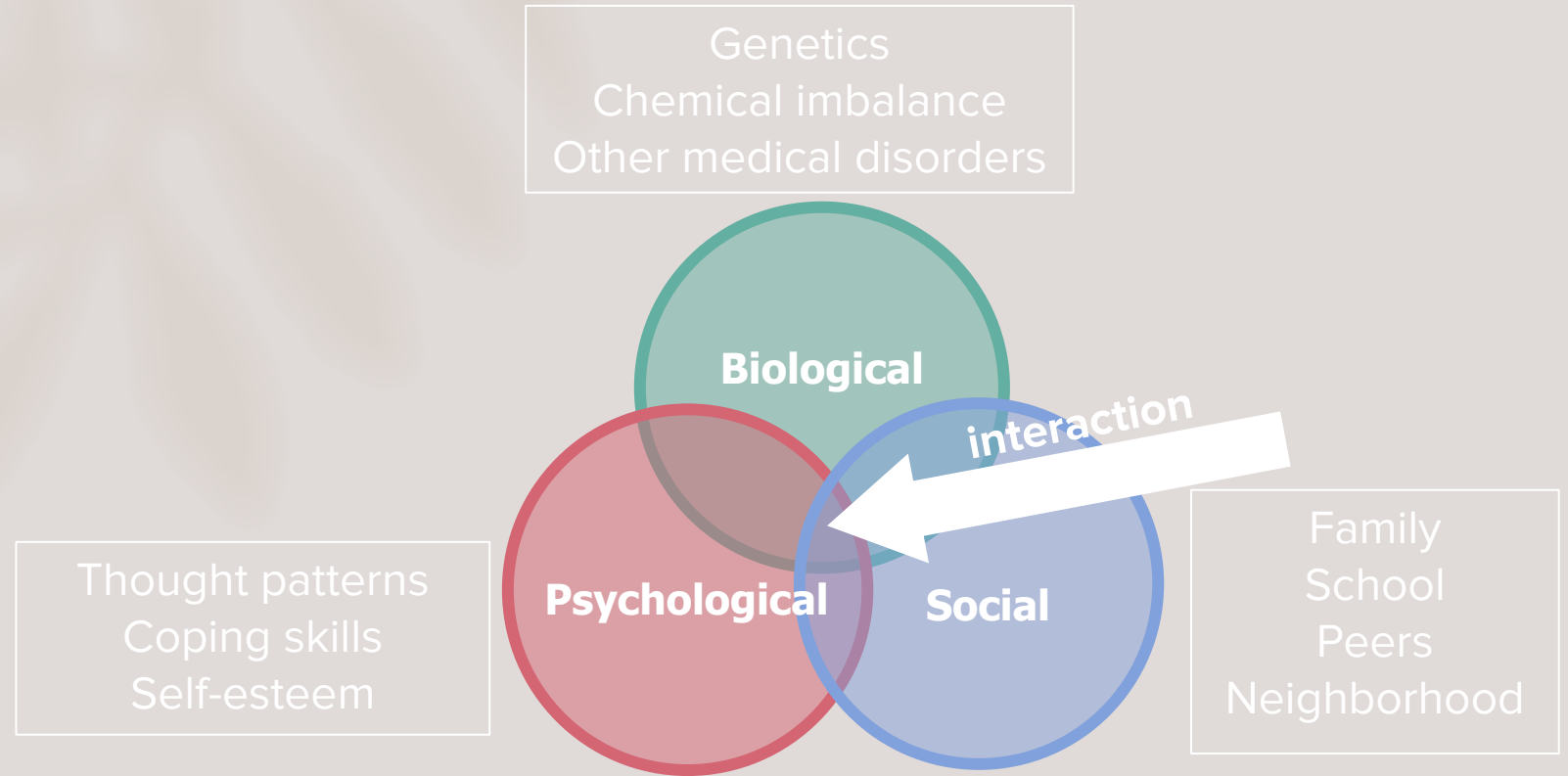
Let's hear from you!



What triggers depression and anxiety?



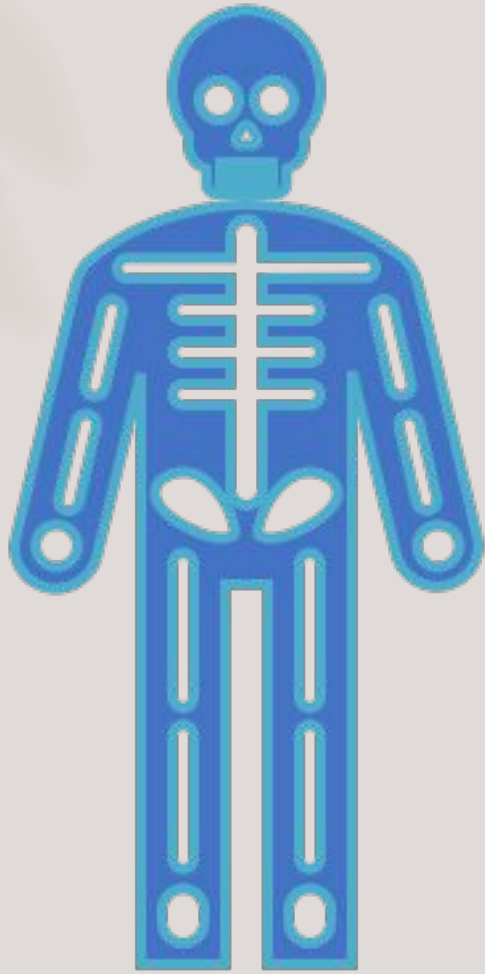
Biopsychosocial Model of Depression and Anxiety





Cognitive Model of Psychotherapy

Sometimes we can get trapped in an
endless cycle



What are the
symptoms?



Depression and Anxiety are both medical illnesses that can be recognized by some of the following:

Depression Symptoms

- Depressed or **irritable mood** most of the day, nearly every day
- Decreased **interest or pleasure** in all or almost all activities
 - Significant **weight** loss or gain
 - **Sleeping** too much, or sleeping too little
 - Agitated, can't stay still, **restless**
 - **Fatigue** or loss of energy
 - **Worthlessness** or excessive or inappropriate guilt
 - Difficulty **concentrating** or thinking
 - Recurrent thoughts of **death**

Clinical Depression

Symptoms are happening every day, last most of the day, and are too intense for the person to manage on their own

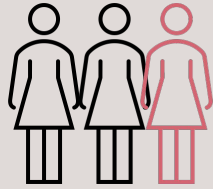
Anxiety Symptoms

- Excessive **anxiety** and worry about a number of events or activities
 - Difficulty **controlling** the worry
 - **Restlessness** or feeling on edge
 - Easily **fatigued**
 - Difficulty **concentrating** or mind going blank
 - **Irritability**
 - Muscle **tension**
 - **Sleep** disturbance

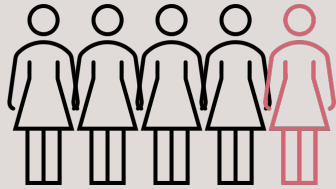
Clinical Anxiety

Symptoms are happening most days,
and are too intense for the person to
manage on their own

How common are depression and anxiety?



1 in 3 teenagers (**33%**)
experience clinical
anxiety before age 18



1 in 5 teenagers (**20%**)
experience severe
depression before age 18

Stigma

noun - shame or disgrace attached to something regarded as socially unacceptable based on negative stereotypes

There is still a lot of stigma attached to mental illness because our society views it as unacceptable and similar to being “crazy,” “different,” or “abnormal.”

Examples of stigma about depression and anxiety

- “They’re doing it just to get attention”
- “It’s a phase – they’re just being teenagers”
- “They have so much, what do they have to be depressed about?”
- “They’re being dramatic; they should just stop worrying so much”

How might stigma impact
your teen?

How do we combat stigma?

LEARN

Learn about depression and anxiety

- What it is
- What it looks like
- Where it comes from
- How common it is

DISCUSS

Have conversations about depression and anxiety

SUPPORT

Explore ways to offer support

What is helpful for dealing with depression and anxiety?



- Preventative coping skills
 - Good sleep hygiene, good diet, regular exercise, maintain healthy relationships, stay organized
- Distress tolerance skills
 - Thoughts- talk to someone, tell yourself something nice, problem solving
 - Actions– distractors, like showering, watching a movie or TV, reading, playing a game, listening to music
 - Feelings – cry, vent



What are examples of coping tools that might be helpful for your teen?



What can I do to help
my teen?

Supporting your teen

Check-in with your teen

Do not judge, criticize, or punish them

Give them specific examples of behaviors that are worrying you or that have been quite different than what they usually do

Show you care by saying things like, "I'm here if you need someone to talk to."

If your teen is really struggling, discuss options for finding additional help (e.g., communicating with teachers, referring to counseling services.)



I am really concerned about the safety of my teen. What should I look out for and how can I keep them safe?

Warning signs of risk for suicide

- Preoccupation/obsession with death
- Talking about suicide
- Big changes in behavior or personality
- Giving away special things
- Taking big risks
- Increased drug/alcohol use
- Decreased interest in usual activities
- Increased isolation
- Excessing feelings of guilt
- Getting weapons or other things that could be harmful

What can I do?

1

Make sure there is an adult around

2

Restrict access to dangerous materials

3

Make a plan with your teen

- What are warning signs that a crisis is developing?
- What are coping strategies your teen can use?
- Who can your teen turn to in a crisis?

4

Contact professional or crisis resources if there is severe risk

¿Necesito ayuda para mi salud mental?

Primero, determine hasta qué punto sus síntomas interfieren en su vida diaria.



¿Tengo síntomas leves que han durado menos de dos semanas?

- Se siente un poco decaído.
- Se siente decaído, pero aún puede trabajar, hacer tareas escolares o realizar labores domésticas.
- Tiene cierta dificultad para dormir.
- Se siente decaído, pero aún puede cuidarse a sí mismo o a otros.



Si es así, las siguientes son algunas actividades de autocuidado que pueden ayudarle:

- Hacer ejercicios (por ejemplo, aeróbicos o yoga).
- Participar en actividades que incluyan contacto social (ya sean virtuales o en persona).
- Dormir de forma adecuada, manteniendo un horario regular.
- Comer saludablemente.
- Hablar con un amigo o pariente en quien confía.
- Practicar actividades de meditación, relajamiento y contemplación.

Si los síntomas anteriores no mejoran o parece que están empeorando, a pesar de los esfuerzos de autocuidado, hable con su proveedor de atención médica.



¿Tengo síntomas graves que han durado dos semanas o más?

- Tiene dificultad para dormir.
- Hay cambios en su apetito que originan cambios no deseados en su peso.
- Tiene dificultad en las mañanas para levantarse de la cama debido a su estado de ánimo.
- Tiene dificultad para concentrarse.
- Ha perdido interés en cosas que por lo general le son divertidas.
- No puede realizar sus actividades y funciones diarias.
- Tiene pensamientos sobre la muerte o de hacerse daño.



Busque ayuda profesional:

- psicoterapia (terapia de diálogo), ya sea virtual o en persona, individual, grupal o familiar;
- medicamentos;
- terapias de estimulación cerebral.

Para ayudarle a encontrar tratamientos, visite la página de ayuda para enfermedades mentales: www.nimh.nih.gov/busqueayuda.

Si está en crisis, llame a la Red Nacional de Prevención del Suicidio al teléfono gratuito en español 1-888-628-9454, o bien, envíe un mensaje que diga "HELLO" a la línea de crisis para mensajes de texto en inglés al 741741.



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My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/Findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



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[Here](#) is a resource sheet to help you identify how to get help for stress and depression.



Speak Up, Take Charge, Get Help!

- If you are worried about possible depression in yourself, a friend, or a family member, here are some key things to look for:
 - Change in mood for more than two weeks
 - Isolation from other people
 - Not doing things they typically like to do
 - Change in eating and/or sleeping habits
 - Seeming sad, withdrawn, angry, or irritable
 - Talking about death or suicide
 - Picking fights; getting into trouble; using drugs
- If you want to find out more information about depression in adolescents, here are some helpful websites:
 - www.suicidepreventionlifeline.org
 - www.afsp.org*
 - www.hopeline.com
 - www.thetrevorproject.org*
 - www.jedfoundation.org*
 - www.halfofus.org*
 - www.yourlifeyourvoice.org*
 - www.familyaware.org*
 - www.save.org*
 - www.thebalancedmind.org*
 - www.findtreatment.samhsa.gov
 - www.helpguide.org
 - www.nami.org*
- If you are experiencing a crisis or an emergency, here are the numbers to call:
 - **Emergency services:** 911
 - **Suicide hotline:** 1-800-273-TALK
- If you want to talk to someone in your school about anything that is concerning you (does not have to be just about possible depression!), here are the people to visit right away:
 - Name: Ms. Jeanette Lok (9th Grade School Counselor)
 - Office number: Text or call 650-262-1187
 - Name: Mr. Marco Calderon (Manager of Social Services)
 - Office number: Text or call 650-542-0514
 - Name: _____
 - Office number: _____
- If you are outside of school, and need to talk to an adult right away, here are the important phone numbers to have:
 - Parents/guardians: _____
 - Phone number: _____
 - Physician: _____
 - Phone number: _____
 - Other: Crisis Text Line
 - Phone number: Text the word "HOME" to 741741

*These websites offer texting and phone calls as an option for crisis and support.

Resources

San Mateo Crisis Hotline: (650) 579-0305

National Suicide Hotline: 1-800-273-TALK

Psychiatric Emergency Services: (650) 573-2662

Questions?

