



Adolescents and Depression

Everyone feels “down,” gloomy, discouraged or sad from time to time. For some people, however, this mood persists. When symptoms last for two weeks or more and are so severe that they interfere with daily living, the individual may be experiencing a clinical depression.

The total number of 12- to 19-year-olds in Canada at risk for depression is a staggering 3.2 million.

Some Risk Factors for Depression:

- adolescents under stress who have experienced loss, or who have attention, learning or conduct disorders
- being female
- a family history of depression

Signs to Watch for:

- using alcohol and drugs
- failing grades, poor attendance, or behavioral problems at school
- withdrawing from friends and family
- having chronic and serious conflicts with parents after long-standing good relations
- anti-social behaviour or problems with the law

Major Depression Symptoms

- irritability and/or depressed mood
- loss of interest in usual activities
- low energy and or restlessness
- poor concentration
- sleeping too much or too little
- weight loss or weight gain
- feeling hopeless and helpless
- feeling worthless and guilty
- thoughts of death or suicide

Help Is a Call Away

Most adolescents with depression can be helped with treatment. When depression isn't treated it can get worse, last longer, and interfere with daily living. Information on how you can get help in your community is provided on the back of this page.

Mental Health Services, in Communities across the Province

IWK Health Centre

Child/Adolescent Mental Health Program (902) 464-4110

Capital District Health Authority

Mobile Crisis Intervention Services (902) 429-8167

Outpatient Clinics Bedford/Sackville (902) 865-3663

Dartmouth (902) 464-3263

Halifax County East (902) 434-3263

Abbey Lane (902) 464-4110

Canada Mental Health Association: Nova Scotia Division (902) 466-6600

Cape Breton District Health Authority

Emergency Crisis Services (902) 567-7767

Adult Outpatient Services (902) 567-7742

Child & Adolescent Services (902) 567-7731

Canadian Mental Health Association, Cape Breton Branch (902) 567-7735

Colchester East Hants Health Authority

Mental Health Services1 (800) 460-2110 Ext 5526

Canada Mental Health Association, Truro Branch (902) 895-4211

Cumberland Health Authority

Cumberland Mental Health Services (902) 667-3897

Guysborough, Antigonish, Strait Health Authority

Community Mental Nurse, Guysborough (902) 533-3300

Pictou County Health Authority

Pictou Mental Health Services (902) 755-1137

Canada Mental Health Association: Pictou County Branch (902) 755-4441

South West Nova District Health Authority

Yarmouth Mental Health Centre (902) 742-4222

Shelburne Mental Health Centre (902) 875-4200

Digby Mental Health Centre (902) 245-4709

South Shore Health Authority

Mental Health Services (902) 543-4604 Ext. 5062

Shelburne Mental Health Centre (902) 875-4200

Digby Mental Health Centre (902) 245-4709

Annapolis Valley Health Authority

Kentville Adult Mental Health Services (902) 679-4604 Ext. 5062

Kentville Child&Adolescent Mental Health Service (902) 679-2867 Ext. 2873

Middleton Mental Health Services (902) 825-4825

CMHA Kentville Branch (902) 679-2422

CMHA Bridgetown Branch (902) 665-4805

