

Teen Depression: An Informative Guide to Understanding & Coping

"I feel sad most days, but I don't know why..."

If you've ever felt this way, you are not alone.

Teen depression is a mental health issue that's gaining more attention. It's not just about having a "bad mood" or feeling down. Depression is an emotional disorder that can interfere with a teen's daily life, academics, and social relationships.

What Is Teen Depression?

Depression is a mental health disorder that causes a person to feel sad, empty, or lose interest in activities they usually enjoy. It can last for weeks or even months and affect overall well-being.

According to the World Health Organization (WHO), depression is one of the leading causes of global health problems among teenagers aged 10–19.

Common Signs of Depression in Teenagers

Here are some symptoms that may appear:

Prolonged sadness for no clear reason

Irritability or anger outbursts

Loss of interest in hobbies or usual activities

Difficulty sleeping or sleeping too much

Loss of appetite or overeating

Feelings of hopelessness or self-blame

Withdrawing from family and friends

Thoughts of self-harm or suicide

Causes of Depression in Teenagers

There's no single cause of depression. It usually results from a combination of several factors:

Academic Pressure – fear of failure, pressure to excel

Family Issues – divorce, arguments, domestic violence

Social Media Influence – constant comparisons with others

Identity Issues – confusion about personality, sexuality, or future

Peer Problems – bullying, peer pressure, relationship breakups

Genetics – family history of depression

What Can Teenagers Do?

1. Talk to Someone You Trust

Speak with a parent, teacher, counselor, or close friend. You don't have to go through this alone.

2. Get Professional Help

A school counselor, therapist, or doctor can offer support and guidance. Don't hesitate to ask for help.

3. Engage in Healthy Activities & Hobbies

Exercise, journaling, listening to music, or doing art can be great ways to manage stress and emotions.

4. Limit Social Media Use

Take breaks from screens. Real life is more meaningful than what we see online.

5. Know Yourself & Accept Yourself

Every teen is different. Learn to understand and appreciate who you are. Be kind to yourself.

Support Resources in Malaysia

Talian Kasih – 15999 or WhatsApp 019-2615999

Befrienders KL – 03-76272929 (24-hour emotional support)

MIASA – Malaysian Mental Health Advocacy and Support Association

School Counselor – Reach out to your school's counseling department

Final Words: You Are Not Alone

“Asking for help is not a sign of weakness. It shows that you are brave and care about yourself.”

Depression can affect anyone — including teens. But the good news is, there is hope, there is help, and you deserve a happier, healthier life.

Written by Ermiza Binti Karim

or

Freelance Teen Health Writer – Ermiza