

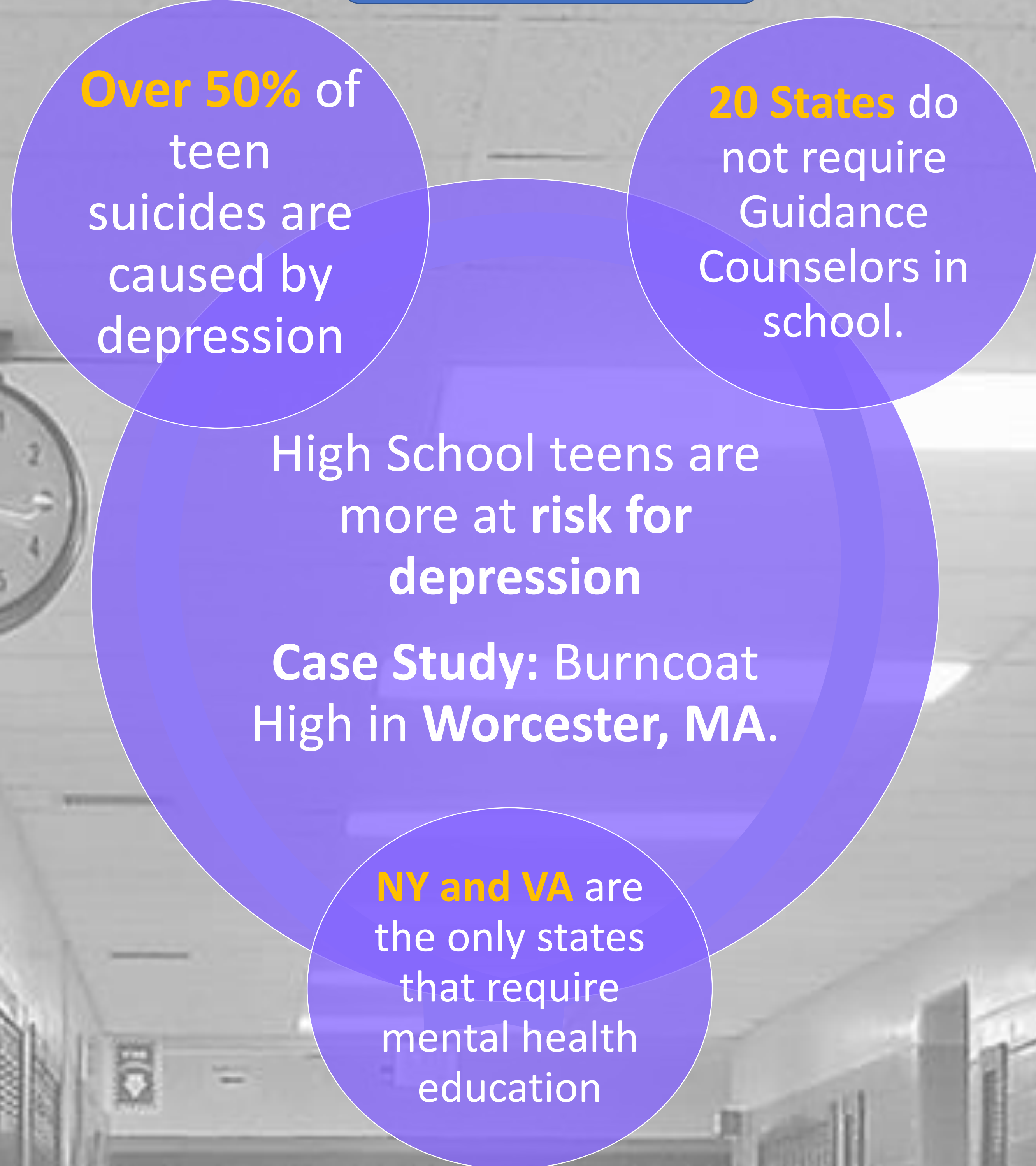
The Dangers of Teen Depression

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| Causes of depression | Why is this an issue |
|------------------------|--|
| <p>Family history</p> | <p>20 to 50% of teens suffering from depression have a family member with depression or mental disorder</p> |
| <p>Social Media</p> | <p>Teenagers who spend the most time on social media have a 13-66% chance of developing depression</p> |
| <p>Substance Abuse</p> | <p>Adolescents who abuse drugs are 3.3 times more likely to have a history of Major Depressive Disorder (MDD)</p> |

Problem



| | Impacts of Depression on... |
|-------------------|--|
| <p>Individual</p> | <p>Depression increases a teens risk for attempting suicide by 12 times</p> |
| <p>Family</p> | <p>In a study of 325 teens suffering from depression, 1/4 of the parents reported depressive symptoms</p> |
| <p>Society</p> | <p>Mental health globally costs \$2 trillion per year</p> |

Existing Resources in Worcester

Support Groups, rehabilitation



Limitations: Lack of awareness and lack of connection to schools

Awareness Events, funding and alliances for awareness



Existing Nationwide Programs

More than Sad

Adolescent Depression Awareness Program (ADAP)

Limitations: Costly, lack of awareness about these programs, & not in Worcester



Proposed Solution

Connect **current resources** within Worcester to Burncoat High by creating a program similar to listed **nationwide programs** where guidance counselors run a **frequent** informational program to educate **teachers**.



Lesson Plan Concepts

- Expert comes to speak about Depression
- Updated list of resources produced
- Discuss Warning signs
- Discuss Stigma
- Discuss how to take action

Implementation



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