THE FRIENDSHIP BENCH
MENTAL HEALTH INTERVENTION

SYMPTOMS OF ADOLESCENT DEPRESSION

DISTURBED SLEEP

LOSS OF APPETITE

POOR CONCENTRATION

FEELINGS OF GUILT AND LOW SELF-WORTH

SELF-HARM

SUBSTANCE-ABUSE

RISK TAKING BEHAVIOUR

SAD DOWN

TEARFUL

AGGRESSION

IRRITABILITY

RAGE

ANXIETY

STOMACH ACHES

BACK-ACHES

HEADACHE

WITHDRAWING FROM FAMILY AND FRIENDS

EMPTY - NUMB FEELINGS

THOUGHTS OF DEATH OR SUICIDE

GET HELP IMMEDIATELY

SUICIDE WARNING SIGNS IN DEPRESSED TEENS

- Talking or joking about committing suicide
- Saying things like, “I wish I could disappear forever” or “There’s no way out”
- Speaking positively about death (“If I died, people might love me more”)
- Writing stories, poems or drawing about death, dying, or suicide
- Reckless behavior or having a lot of accidents resulting in injury
- Giving away prized possessions
- Saying goodbye to friends and family as if for the last time
- Seeking out weapons, pills, or other ways to kill themselves