



FOR IMMEDIATE RELEASE
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Teen Depression and Suicide

Did you know that more than 1 in 10 American teens suffer from depression (NIMH,2015)? According to the National Institute of Mental Health (2015) that would be 3 million teenagers across America that suffers from this debilitating illness. Suicide is the, “third-leading cause of death for 15- to 24-year-olds” (CDC, 2018).

It is normal for teens to have occasional moodiness associated with hormonal changes during puberty. However, there are numerous factors that can take a normal feeling such as depression and make this symptom much worse and prolonged. Things that can contribute to teen depression are, bullying, academic struggles, peer rejection, substance abuse, and unmet mental health needs (Pacesetter, 2018).

What does depression in teens look like? Rarely, will a teenager ever state, “I have a problem” and willingly talk openly to an adult about their feelings. Symptoms of teen depression can present in many ways such as being socially withdrawn, insomnia, low energy, loss of concentration, low self-esteem, physical discomfort, and extreme sensitivity to “criticism and rejection” (Pacesetter, 2018). “Teenagers should be seen yearly by their doctor for a Child and Teen Checkup(C&TC). A Standard screening can help identify any mental health problems early and get resources in place to help young teens,” states Denise Sjodin, Crow Wing County Child and Teen Checkup (C&TC) coordinator.

If you are a teenager concerned about your friend, tell a teacher, school counselor, or school nurse of your concerns. If you are a concerned parent of a teenaged child, contact your pediatrician. If you are the teenager in need of help with depression and feel like hurting yourself, please call 1-800-273-8255 for the National Suicide Prevention Lifeline that is 24/7, free, and anonymous or text "life" to 61222. Local Crow Wing County resource includes the Crisis Line 1-800-462-5525 or 218-828-HELP (4357) and area healthcare providers that offer Child and Teen Checkups through age 20 on Medical Assistance. The program provides medical, dental, and vision exams from participating providers in Crow Wing County. More information, including a current list of local Child and Teen Checkups providers, can be found at Childandteencheckups.com

Our Vision: Being Minnesota's favorite place.

Our Mission: Serve well. Deliver value. Drive results.

Our Values: Be responsible. Treat people right. Build a better future.

Community Services expends more than \$166 million dollars annually, of which 3.8%, \$6.3 million is funded by the county levy. In 2016, total program costs were \$165,758,773 with Medical Assistance programs being the highest spending area at \$109 million, or 65.7% of the total program costs. Social Service programs represent the second largest portion of the total at \$45 million, or 27%. Income Support programs were 7% of the total at \$11.2 million. While this is a large portion of the county budget we have seen a significant decrease. For example, from 2010 to 2016 budget, we have reduced tax levy dollars by \$1,122,337 million or a 15 % decrease.

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