



How depression affects student learning, its prevalence, and what can be done.

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Depression's impact on learning

Depression changes the brain, which can slow down brain's functioning. Depressed people experience memory problems, and have trouble remembering events and details. They may not be able to complete tasks that are both-high motor and cognitive skills. They may feel confused, scatterbrained, overwhelmed, or become frustrated easily. Even everyday tasks could be difficult with someone struggling with depression.

Symptoms of depression can also contribute to learning problems or disabilities:

Mood swings and emotional irregularities

Low self-esteem causing feelings of worthlessness, hopelessness and self-hatred

Feeling irritable, agitated or anxious

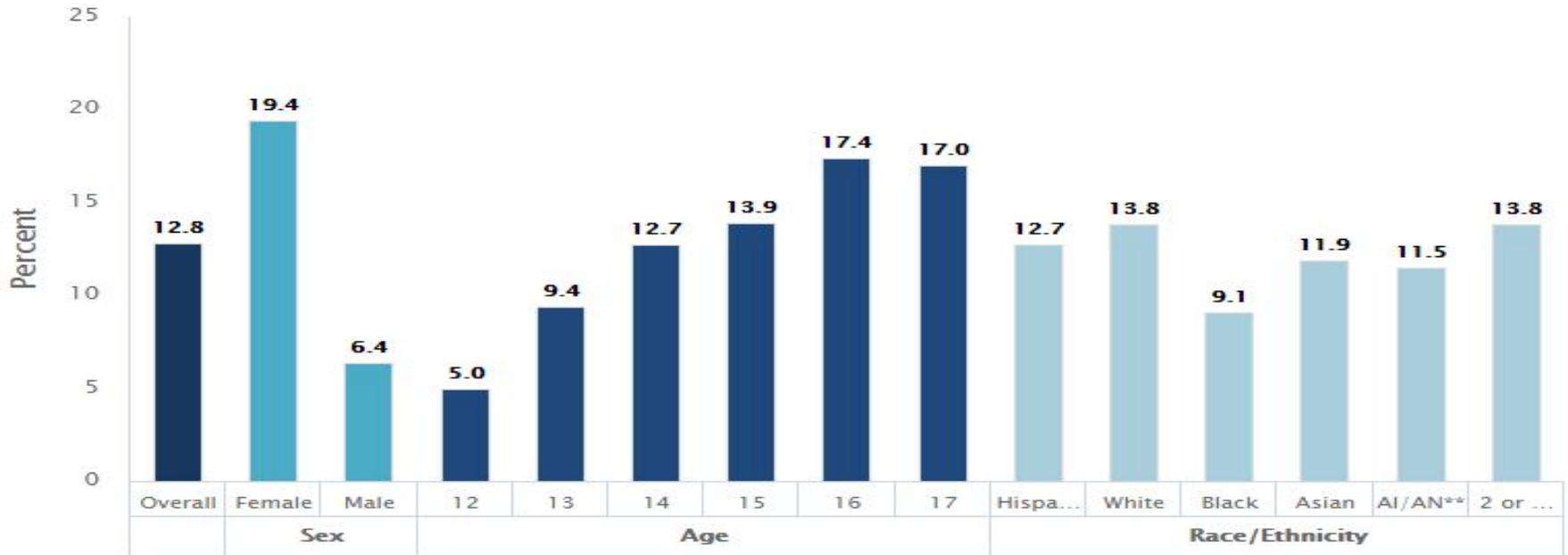
Not finding pleasure, ultimately causing the individual to become disinterested in activities, work and other performance-based behaviors

Significant sleep disturbances (insomnia or hypersomnia) that affect the individual's physical and psychological health

Depression at a glance

Past Year Prevalence of Major Depressive Episode Among U.S. Adolescents (2016) 

Data Courtesy of SAMHSA



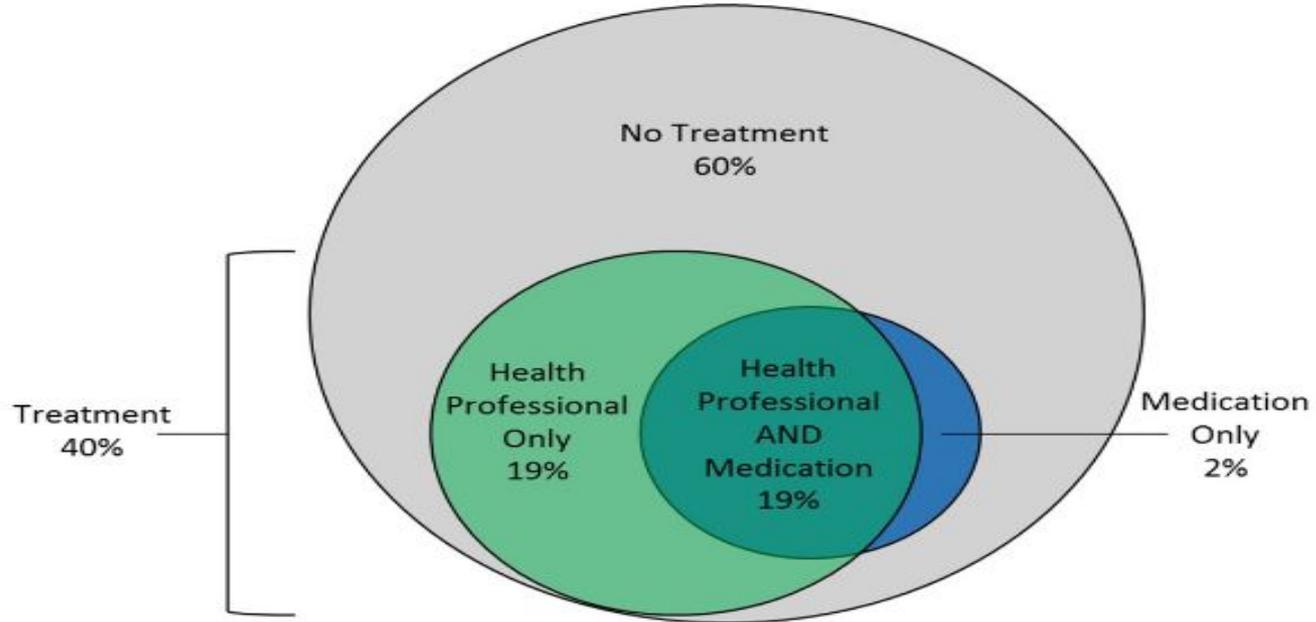
*All other groups are non-Hispanic or Latino / **AI/AN = American Indian/Alaska Native

Depression treatment at a glance:

Past Year Treatment Received Among Adolescents with Major Depressive Episode (2016)



Data Courtesy of SAMHSA



If you are a teen struggling with depression:

Educate yourself: It's best to know what you have in order to know how to best move forward. This is a good resource that has information specifically for teens on depression. <http://studentsagainstd Depression.org/>

Don't underestimate your parents: They can be your greatest ally when struggling with depression. Communicate with them how you are feeling and what they can do to help you.

Find out what works for you: Everyone's battle with depression is going to look different. Continue to try different things and ideas until you find something that works for you.

Get support. This can be something different for everyone but talking to a good supportive friend or therapist can make a big difference.

If you think one of your friends might be depressed, you could try:

#1 **Educate yourself:** The following is a good resource to learn how to be supportive.

<https://www.familyaware.org/help-someone/help-a-teen/>

#2 **Say the right things.** It can be hard to know what to say or how to say something to a friend who is struggling with depression. Visit <https://www.youthbeyondblue.com/help-someone-you-know/supporting-a-friend> for a few tips on how to make those difficult conversations easy.

#3 **Support and encourage them.** Support them as a friend. If you don't know how to help them, encourage them to connect with someone that can.

If you are a parent to a teen who you think is depressed you could try:



The link above provides great information on how to interact with your teen

Other resources

If you have tried to help someone or you need of additional support yourself, don't hesitate to reach out to other free services in the community.

UNI Crisis Line 801-587-3000

<https://healthcare.utah.edu/uni/programs/crisis-diversion.php>

<https://teenlineonline.org/talk-now/>

Need Help? TEEN LINE is here.



CALL 310-855-4673



TEXT TEEN to 839863



24/7 Chat- Crisisline

Call 1.800.273.8255



UNIVERSITY OF UTAH
HEALTH CARE

University Neuropsychiatric Institute

DOWNLOAD THE APP
Google Play or App Store

Sources

Depression and memory

<https://www.health.harvard.edu/depression/how-depression-affects-your-thinking-skills>

Teen Stats on depression:

<https://www.nimh.nih.gov/health/statistics/major-depression.shtml>

Things teens can do for themselves:

<https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm>

Things teens can do for their friends

<https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm>

Things parents can do

https://greatergood.berkeley.edu/article/item/five_ways_parents_can_help_prevent_teen_depression

<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teen-depression/art-20046841>

<https://www.everydayhealth.com/depression/preventing-teenage-depression.aspx>

<https://teenlineonline.org/talk-now/>

<https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm>