

## DID YOU KNOW???????

- Teens tend to experience symptoms of depression for 7-8 months before telling anyone?
- Stressful situations cause us to go on high alert, stress hormones block neurotransmitters in the brain and we don't know how to feel about things anymore.
- The biological cause of depression is often a deficiency in certain neurotransmitters; particularly serotonin.
- The pre-frontal cortex is not fully developed until a person is between ages 19-25.
- Having a regular schedule is crucial for teenagers.
- More people commit suicide than homicide each year.
- Suicide is NOT about death; it is about ending pain.
- There is a strong relationship between depression, brain disorders and suicide.
- When the brain runs low on serotonin the mental “engine” starts to have problems.
  - Irritability
  - Concentration and attention
  - Symptoms of depression
  - Sleep disturbance
  - Appetite disturbance
- Bully victims are more likely to consider suicide than non-victims.
- Over 160,000 kids stay home from school every day because they fear bullying.