

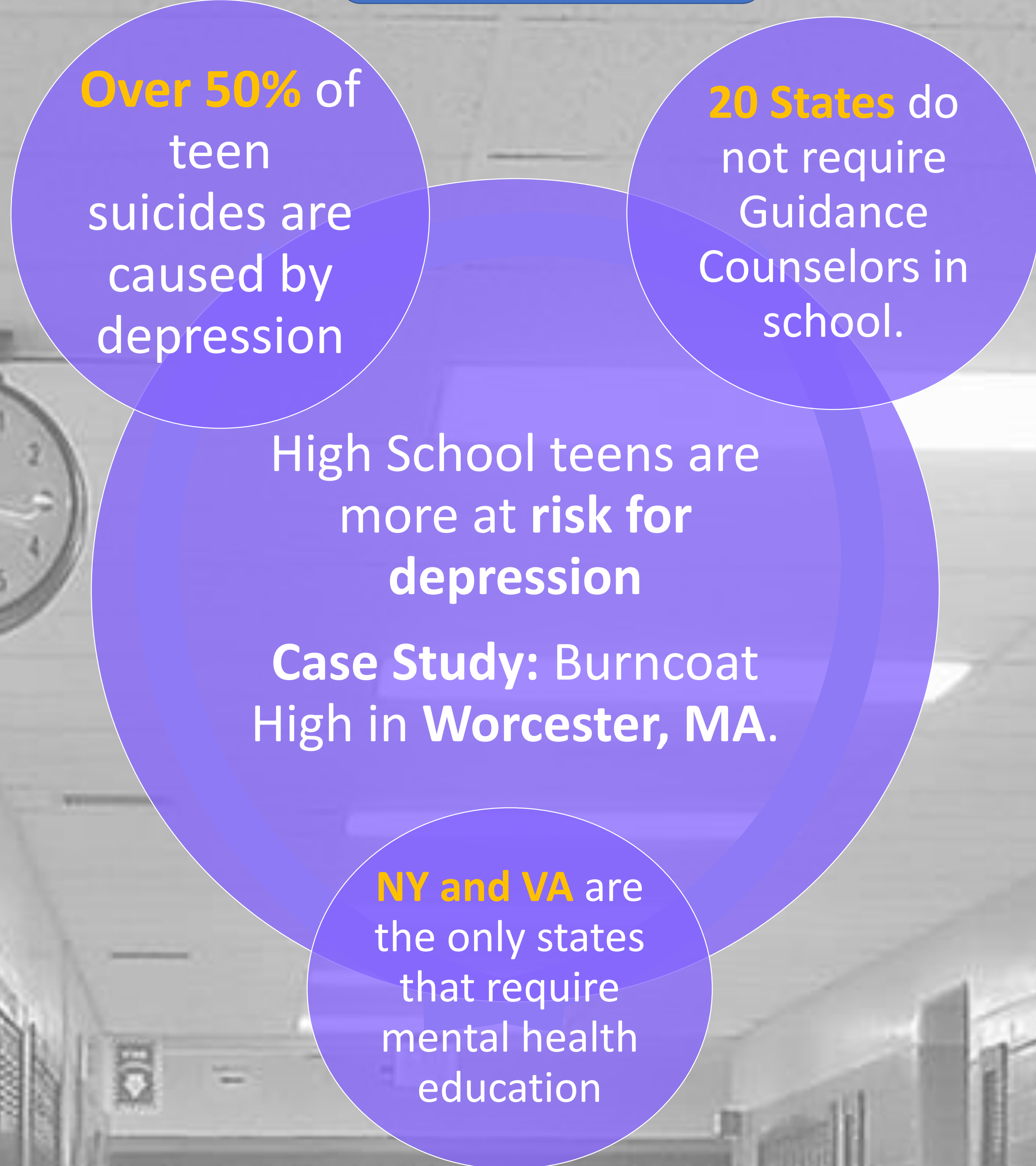
# The Dangers of Teen Depression

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

## Problem



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

## 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

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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