
Mental Health and Wellness: Depression and its Causes

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The Issue

We have noticed that there are many individuals in adolescence and young teenagers that start to have issues with their mental health. Without talking to others this can lead to serious problems like feeling out of place and isolation which can impact them for the rest of their lives.





The Root Cause

The root cause behind the causes of depression would be societal expectations. These expectations for our generation such as body image and gender norms can lead kids trying to change themselves to fit into society.





Goal Statement



We will work to overcome depression in youth ages 6-17. By raising awareness through social media ads in partnership with the MHMR (Mental Health and Mental Resources office) in Tarrant County. We hope to give young people more resources and accessible ways to combat the negative side of societal expectations.



What are a Few Causes of Depression?



DEPRESSION

INFOGRAPHICS

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SYMPTOMS



SADNESS



NO APPETITE



ISOLATION



NO ENERGY



ANGER



SLEEP PROBLEM

PREVENTION



CREATIVITY



WALKING



HEALTHY FOOD



MUSIC



POSITIVE THOUGHTS



SPORT

TREATMENT



SLEEP ENOUGH



TRAVEL



DOCTOR



VITAMINS



ANTIDEPRESSANTS



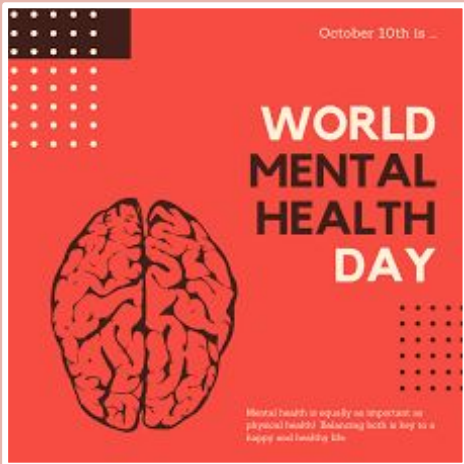
COMMUNICATION

Take Action



Social Media Ads :

- Instagram
- Linked In
- Facebook



MENTAL HEALTH

TAKE CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING IN YOUTH


SOME YOUNGER AUDIENCES DON'T FEEL COMFORTABLE TALKING ABOUT THEIR MENTAL HEALTH. THERE ARE RESOURCES AVAILABLE FOR ALL AGE GROUPS. THESE ALONG WITH TIPS AND WARNING SIGNS CAN BE FOUND BELOW:

WARNING SIGNS:
LACK OF INTEREST IN ACTIVITIES
BINGE EATING OR NO EATING
TIPS:
WORK TO RELATE TO OUR YOUTH EMOTIONALLY AND SPIRITUALLY

RESOURCES:
IMMEDIATE (988 / 866-903-3787)
THERAPY (BETTERHELP.COM)
LOCAL RESOURCES (MHMRTARRANT.ORG)
NATIONAL RESOURCES (NIMH.NIH.GOV)



About us



We are the NYPD (National Youth Progress Department) and we decided to talk about depression and mental health because we believe that it does not receive enough attention as to how serious it can become.

What we learned:

Charley: I learned that depression affects a lot more people than I originally thought.

Colby: I learned a lot of people suffer from depression

David: I learned that 14% percent of youth suffers from mental health or depression along with trauma being a leading cause of depression.

Emma: I learned that there are symptoms of depression that don't appear as a big deal, but can become more of a threat to people's mental health.

Jakayla: I learned a lot of stuff that most people that suffer with depression will probably use in the real world like going to people for help and advertising.

Josiah: Depression is a real world problem that can affect everyone, and it doesn't get the attention it deserves for how seriously it can affect someone's personal life.

Nicholas: I learned how rare it is to get the help that's needed and I didn't realize how lucky I am.

