

[Psychology Today - Telling the Difference between Moodiness and Depression in Teens](#)

[Psychology Today - Telling the Difference between Moodiness and Depression in Teens](#). It is often difficult to differentiate between typical teen mood swings and signs of a more serious issue. This article will provide you with five red flags that could be indicative of a problem.

[American Academy of Child & Adolescent Psychiatry - Depression Resource Center](#)

[American Academy of Child & Adolescent Psychiatry - Depression Resource Center](#). Here you will find information about the signs and symptoms of depression, frequently asked questions, and more.

[Mental Health America - Depression in Teens](#)

[Mental Health America - Depression in Teens](#). This site provides useful information related to the recognition and treatment of depression along with warning signs of suicidality in depressed teens.

[Teenage Depression: A Guide for Teachers and Parents](#)

[HelpGuide.org - Teenage Depression: A Guide for Teachers and Parents](#). You will find tips for talking to a depressed teenager, signs and symptoms of depression, the differences between adult and teenage depression and much more.