



Tips: Parenting your teen with depression

Listen. Your job is not to fix this or be a therapist. Validate their emotions and do not compare to your own. No lecturing them.



Write them notes. Tell them you love them. Check in even when they shut you out. I

Open a door to talk, "if you need anything, I'm here." Be there when they come to you.



Ask about suicidal thoughts directly. "Do you have thoughts of wanting to be dead or hurting yourself on purpose?"



If they do or if they have self harmed, don't panic. Some thoughts can be normal. Make a plan together to keep them feeling safe.



Do not invalidate them by telling them to look at the "bright side." Empathize. "This must be hard for you and you must feel very alone and exhausted"



Modify expectations. Offer to help them do their chores. Understand motivation may be hard for them. And remember, this isn't about you.. and its not your fault.