

# TEENAGERS AND DEPRESSION

## *Article summary*

It is predicted that, by 2020, depression will be the world's second biggest cause of death and disability. It is a condition that leaves people unable to cope with daily life, and can lead to suicide, which is now one of the most common causes of death among young men. But despite being one of the world's most prevalent illnesses, depression is still misunderstood and stigmatised.

Despite extensive research into mental illnesses, there is much experts still do not understand. But there are some things we do know. We know, depressed people aren't crazy, and they usually get better. We know there is a difference between feeling down and clinical depression, even though we may confusingly describe our low moods as feeling depressed.

The World Health Organisation predicts that the incidence of mental illnesses will surge over the next 20 years, so that by 2020, depression will be the leading cause of disability, and the second biggest contributor to the global burden of disease. Although low – income families are more at risk, depression affects people in every class, in every country in the world.

It is difficult to know, what has led to the recent in depression and suicide rates. As our scientific understanding of mental illness progresses, the stigma associated with depression is being slowly eroded. This may mean that people are now more willing to admit they suffer from depression, resulting in larger numbers being diagnosed by doctors, and increasing prescriptions of antidepressant drugs.

If someone becomes depressed it is important that he or she doesn't stay ignored. The most important thing is to be there for him or her, and to be a good listener.

## *20 unknown words*

1. Stigma (n) – mark of shame
2. malady (n) – illness or disease
3. break-up (n, inf.) – end of romantic relationship
4. serotonin (n) – a type of brain chemical
5. in the head (pv, inf.) – caused by a person's thoughts and feelings
6. feel down (v, inf.) – to feel unhappy
7. clinical (adj) – describes an illness which has been diagnosed

8. predisposed (adj) – a tendency towards something, which you have in advance
9. neurotransmitter (n) – a chemical found between synapses in the brain
10. causal (adj) – relating to a cause or causes
11. depressive episode (n) – a particular bout of depression
12. panic attack (n) – a brief feeling of intense anxiety
13. inconsolable (adj) – cannot be consoled
14. incidence (n) – how often something happens
15. incessantly (adj) – continuously
16. transitional (adj) – relating to change
17. solace (n) - something that comforts you when you are unhappy
18. burgeoning (adj) – growing
19. contemplate (v) - to spend time considering
20. treat (v) - to behave towards (someone) or deal with (something) in a particular way