

DBSA of Northern Virginia Teen Depression and Bipolar Support Group

DBSA of Northern Virginia

Our Mission

- Support for Those with Depression or Bipolar Disorder
- Support for the Loved Ones of Those with Depression or Bipolar Disorder

Our Value Statement

To improve the lives of those with depression or bipolar disorder and their loved ones, anywhere and everywhere through support and information.

DBSA Northern Virginia

DBSA of Northern Virginia Teen Group

teens@dbsanova.org

<http://teens.dbsanova.org>

**The DBSA-Northern Virginia
Teen Group is affiliated with the**



And the



The **DBSA-NOVA Teen Support Group** provides teenagers with the opportunity to share learn and grow in a safe, confidential and welcoming environment.

Day:
Every Thursday

Time:
7 PM

Location:
Fairfax Presbyterian Church
10723 Main Street
Fairfax, VA 22030

Directions
www.fairfaxpresby.com/about/direct.html

Contact Information
teens@dbsanova.org

Teen Bipolar Disorder

General Information

Recent research suggests that children and teenagers with depression or bipolar disorder do not always have the same behavioral patterns as adults with these disorders do.

In adults, diagnosed with bipolar, episodes of mania or depression can often last for weeks or months, although they can be shorter in length. In children and adolescents, though, these episodes tend to be much shorter and even more emotionally turbulent because they commonly go back and forth from mania and depression throughout the day.

Similarly, adolescents with major depression exhibit greater irritability, hostility, anger, sensitivity to criticism, and frustration than do adults with major depression. In addition, teens with major depression may only isolate themselves from parents and not friends.

Because brain function is a crucial element of these illnesses, the ways people with these disorders think, act and feel are all affected. This can make it especially difficult for children and teenagers to understand their condition. Often, as with adults, the hope is for children and teenagers to “just snap out of it,” as if a person who is sick can become well simply by willing it so.

Common symptoms of mania in teenagers include:

- Racing speech and thoughts
- Increased energy
- Decreased need for sleep
- Elevated mood, exaggerated optimism and grandiosity
- Increased physical and mental activity
- Irritability, aggressive behavior and impatience
- Poor judgment
- Difficulty concentrating
- Inflated sense of self-importance
- Hyper-sexuality

- Reckless behavior with a high risk for painful consequences (erratic driving, sexual indiscretions, excessive spending, impulsive decisions, etc.)

Common symptoms of depression in teenagers include:

- Loss of interest in usual activities
- Prolonged sad or irritable mood
- Loss of energy or fatigue
- Feelings of guilt or worthlessness
- Sleeping too much or inability to sleep
- Drop in grades and inability to concentrate
- Inability to experience pleasure
- Appetite loss or overeating
- Anger, worry and anxiety
- Thoughts of death and/or suicide

