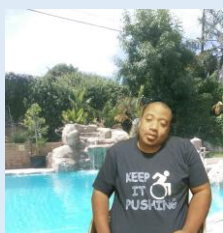


KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



Did you know?

1 in 5 teens will experience a depressive episode before adulthood — making youth mental health a major October focus.

October Spotlight: Youth Depression

For October, I'm revisiting a topic I've covered before — depression — but this time with a specific focus on youth depression. Although connected to adult depression, youth depression is its own category in many ways. It's a serious mood disorder that shows up as persistent sadness, emptiness, irritability, or loss of interest in activities. Youth depression rarely has a single cause. Instead, it usually develops through a mix of biological, environmental, and psychological factors. Genetics, family stress, trauma, school pressure, social challenges, and brain chemistry can all play a role.

Treatment and Support

Treatment options for children and adolescents typically include:

- Psychotherapy (such as cognitive behavioral therapy or interpersonal therapy)
- Family-based therapy
- Medication, when appropriate and prescribed by a qualified professional

These services can be found at most reputable mental health clinics, hospitals, or community agencies. Because quality varies by provider, it's more important to encourage families to seek licensed, qualified professionals than to name one specific location. The cost of therapy can vary widely depending on the type of treatment, frequency, insurance coverage, and provider qualifications. Fees can range from around \$100 per session to several thousand dollars over the course of a year for more intensive or specialized care.

How Common Is Youth Depression?

While researching this topic, I found that approximately 20% of American children and teens experience at least one depressive episode before adulthood. That's about 1 in 5 young people — a number that really drives home how serious mental and emotional health is.

I've personally known young adults who have struggled with depression, breakdowns, and even suicidal thoughts. Suicide is its own issue, but it's closely linked to depression, and ignoring that connection would be irresponsible. Depression doesn't just affect the young person living through it — it impacts their entire circle. When left unaddressed, the damage can be deep and long-lasting.....

Continued on Pg.2