

According to Young Minds, 50 of 1,000 14–18–year–olds might be seriously depressed, with 1 in 5 affected at some time. Experts say things are harder now, citing cultural pressures and broken homes. Being a teenager is difficult, with rapidly changing emotions and moods. Many teenagers become depressed for weeks or months without change, unable to handle lives. Many teens feel confused and .afraid as they leave childhood behind. No one is happy all the time