

## **Could your moody teenager actually have depression?**

Consultant: [Dr Richard Graham](#)

Daily Mirror, 26<sup>th</sup> May 2011, Flic Everett

[Dr Richard Graham](#) a consultant at Catio Nightingale Hospital shares some expert advice on spotting the signs to differentiate between mood swings and [depression](#) among teenagers. He explained how people tend to have constantly different mood from previous [behaviour](#) when they are [depressed](#).

[Dr Graham](#), who is an expert on [child and adolescent psychology](#), suggests that if you spot that your teen is not being able to summon up anything they once loved, could be a warning sign of [depression](#). He also stressed that when their usual habits radically change like someone with a large appetite [rejects food](#), it must not be ignored. He also has explained how parents/family support can help suffering teenagers overcome [depression](#).

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