

Depression Support Workbook for Adolescents

A private space for mood, daily care, school support, and safety • Approximately ages 13 to 17

My name _____ Date started _____

Depression can affect feelings, energy, sleep, thoughts, and interest in activities. These pages help you notice patterns and ask for support. You can skip any exercise. This workbook does not diagnose depression or replace professional care.



My depression pattern

Low mood may show up as irritability, emptiness, withdrawal, sleep changes, low energy, or trouble concentrating.

What I notice first

How it affects school, friends, or home



Thoughts are not always facts

Depression can make a thought feel certain. You can share concerning thoughts with a trusted adult or clinician.

A hard thought	What else could be true?	Who can help me check?



A minimum care day

On a very low day, choose a few basic steps rather than a perfect routine.

Food or water	Rest or hygiene	One necessary task	One person



Small actions that matter

Depression can pull you away from things you value. A small activity may rebuild connection even before motivation returns.

An activity I used to enjoy

A tiny version I could try

What support would help



School support plan

A school counselor or trusted adult can help you make work manageable.

What is difficult at school

Support I can ask for	Person to contact
Counselor check-in or quiet break	
Help prioritizing or flexible deadline	
Written instructions or return plan	



My support and safety plan

If you think about self-harm, suicide, or not wanting to be alive, tell a trusted adult right away and ask them to stay with you.

Signs I need help soon

Adults I can tell now

A place I can go with support

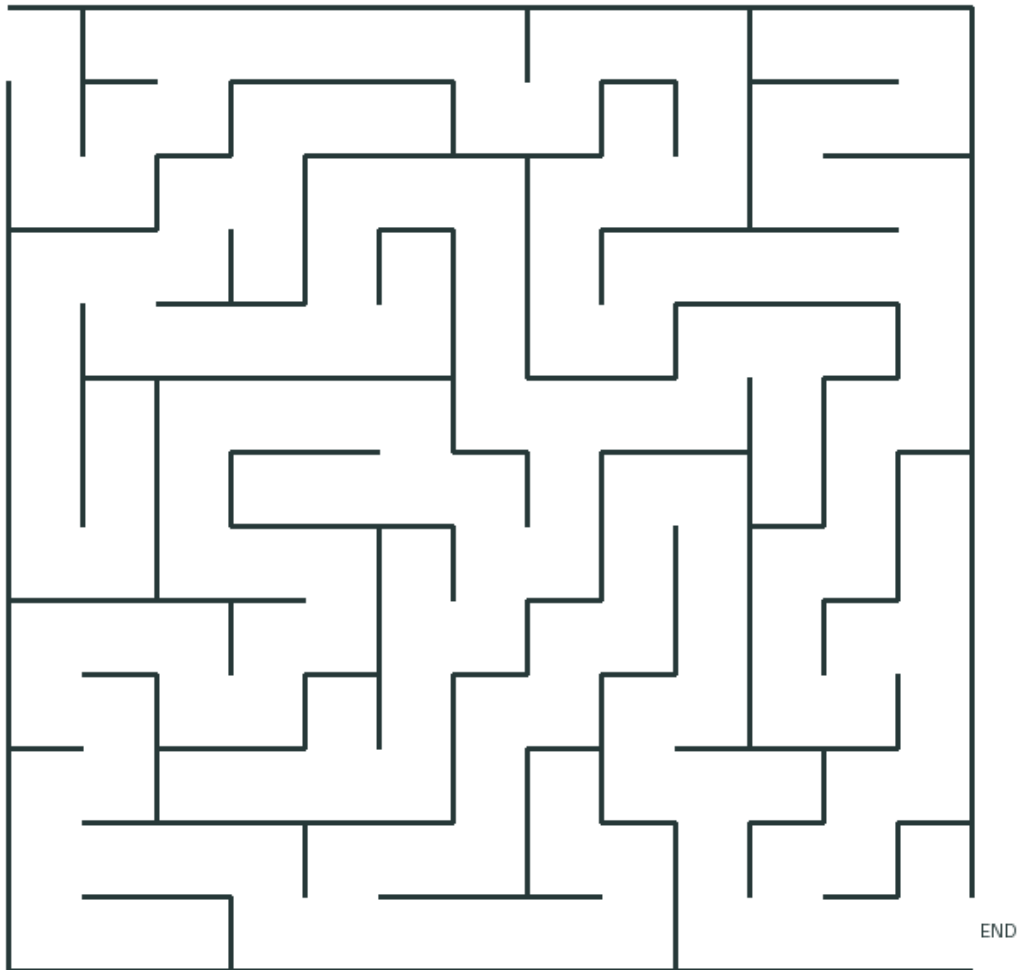


Draw a small hope

Draw, sketch, or map something you would like to stay connected to.



START



When I need more help

If low mood, loss of interest, or other symptoms persist or disrupt daily life, talk with a health professional. A child or teen should tell a trusted adult.

If you are thinking about suicide or self-harm, or cannot stay safe, tell someone immediately. In the United States, call or text 988. For immediate danger, call 911 or go to an emergency department. Elsewhere, use local crisis and emergency services.



30 day guided journal

These optional prompts come from the source. Use them in any order. Skip any page that does not help.

Day 1

Describe what low mood feels like for you.

Day 2

What is one sign that your mood is getting worse?



Day 3

What is one sign that you are starting to feel better?

Day 4

What does depression make harder in your daily life?



Day 5

What is one task you can make smaller today?

Day 6

What is one kind thing you can say to yourself?



Day 7

What activity has helped you feel even slightly better in the past?

Day 8

What is one person you can contact this week?



Day 9

What makes it hard to ask for help?

Day 10

What would make asking for help easier?



Day 11

Write down a difficult thought you have had.

Day 12

Write a more balanced response to that thought.



Day 13

What does your body need today: rest, food, water, movement, or medical care?

Day 14

What does your mind need today: quiet, support, distraction, or expression?



Day 15

What is one small thing you completed recently?

Day 16

What does guilt say to you? What would compassion say back?



Day 17

What relationship feels supportive?

Day 18

What relationship feels draining, and what boundary might help?



Day 19

What is one school or work task you can start for five minutes?

Day 20

What helps you get through mornings or evenings?



Day 21

What is one thing that gives you a sense of meaning?

Day 22

What value do you want to live by, even while depressed?



Day 23

What is one action connected to that value?

Day 24

What have you survived or handled before?



Day 25

What do you want someone to understand about your depression?

Day 26

What is one thing you can postpone, delegate, or decline?



Day 27

What does a supportive day look like?

Day 28

What would you tell a friend who was struggling the way you are?



Day 29

What coping skill, treatment, or support has helped most this month?

Day 30

Finish this sentence:



30 day mood and support tracker

A word or short note is enough. Stop tracking if it adds distress.

Day	Mood	Energy 0–5	Support or note
1			
2			
3			
4			
5			



MENTAL HEALTH / DEPRESSION / ADOLESCENTS

Day	Mood	Energy 0–5	Support or note
6			
7			
8			
9			
10			



MENTAL HEALTH / DEPRESSION / ADOLESCENTS

Day	Mood	Energy 0–5	Support or note
11			
12			
13			
14			
15			



MENTAL HEALTH / DEPRESSION / ADOLESCENTS

Day	Mood	Energy 0–5	Support or note
16			
17			
18			
19			
20			



MENTAL HEALTH / DEPRESSION / ADOLESCENTS

Day	Mood	Energy 0–5	Support or note
21			
22			
23			
24			
25			



MENTAL HEALTH / DEPRESSION / ADOLESCENTS

Day	Mood	Energy 0–5	Support or note
26			
27			
28			
29			
30			



Closing reflection

There is no deadline for this page.

A pattern I noticed

What helped, even slightly

What remains difficult

Support I want next

Further reading: National Institute of Mental Health, Depression; Teen Depression; Children and Mental Health; 988 Suicide & Crisis Lifeline.

