

Abstract

Lack of parents' attention to knowledge about mental health, especially depression, is one of the triggering factors for this article. Mental health is a psychological condition and also a person's mind that can affect their minds to physical. If a person's mental health is not taken care of and cared for, then it can affect one's thoughts to be negative, not respecting and loving themselves, as well as often prejudicing others. In fact, one of the consequences that occurs if mental health is not maintained and cared for is that people can hurt themselves or even the worst possibility of suicide. This article was created by the author as an education for parents who have children aged 14-17 years which is the average age at which puberty occurs and human hormones begin to flare up into the teenage phase. In this article, the author wants to provide information and education about depression aimed at parents so that they can know and be aware of the signs of their child's depression.

Keywords: Education, depression, family, adolescent