



## **Roots Adolescent Renewal Ranch Explains What Is Smiling Depression**

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Roots Adolescent Renewal Ranch, a company based in Argyle, TX, has recently released a blog post that explains what is smiling depression. While smiling depression is not an official diagnosis, it is often used by many professionals to describe the situation where a person is suffering the effects of depression but displays a happy and smiling appearance to the world around them. They could even appear to be funny, charismatic, and outgoing but they are actually hiding their depression because they are embarrassed about being depressed, or they just want to keep up appearances, or they don't just want their loved ones to worry about them. Unfortunately, people with smiling depression frequently don't get treated because nobody is aware of their condition.

While the signs of smiling depression can be hard to tell, there are some signs to look out for. Signs and symptoms of smiling depression include: changes in appetite; changes in sleep patterns; physical pain; feelings of hopelessness; and loss of interest in activities they used to enjoy. And there are a number of reasons why they try to hide depression. First, they don't want to be a burden to their loved ones. Second, they may be in denial or refuse to believe that they are suffering from a mental health condition. And third, they may feel ashamed about their mental health disorder.

It is important to note that those who are suffering from a major depression have an increased risk of committing suicide. Thus, if one notices some of the signs and symptoms mentioned above in a loved one who seems to be happy, it is vital to take note of any warning signs that the individual may be suicidal. These include: being more withdrawn than usual; frequently talking about suicide, or making statements such as "I wish I was never born."; mood swings;

purchasing a gun, stockpiling medication, or collecting other means to take their own life; a preoccupation with death; feelings of hopelessness; changes in the normal routine; substance use; risky or self-destructive behavior; and saying goodbye to people as if it is their final opportunity.

Fortunately, smiling depression, just like any other depression, can be treated. A mental health provider who is focused on the treatment of teenagers can provide therapy that offers a safe space for the affected adolescent to express her feelings. Medication may also be prescribed that can help treat the symptoms. However, it is important to take the medication as directed and to be aware of the possible side effects. Possibly, the best way to treat mental depression is via residential treatment. Here, the teenage girl will live in a treatment facility and get the required attention and care from trained professionals. Roots Renewal Ranch offers such a treatment for depression for girls ages 13 to 17. This treatment program includes evidence-based therapeutic techniques, a structured environment that includes continuing education, group therapy with other girls needing mental health treatment, and the attractive countryside of Argyle.

Founded in 2021, Roots Adolescent Renewal Ranch is a new, residential, dual diagnosis treatment center in Argyle, TX, that is focused on females ages 13 to 17. Their purpose is to evaluate and treat the whole child, biologically, socially, psychologically, and spiritually. They firmly believe that their relationship-centered approach, their future-focused education program, their immersive family systems element, and their extensive aftercare program are vital elements for preparing their clients for renewal and lifelong recovery. Their facility is strategically located on a six-acre ranch and is composed of a 1,200 square foot barn and a 6,000 square foot home. This facility was designed to provide a healing environment for adolescent girls to learn skills that will help them live their best in the future.

Those who are interested in learning more about the services provided by Roots Adolescent Renewal Ranch can visit their website, or contact them on the phone or through email. They can be contacted 24 hours a day, at any day of the week.

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For more information about Roots Adolescent Renewal Ranch, contact the company here: Roots Adolescent Renewal Ranch  
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## **Roots Adolescent Renewal Ranch**

*Roots Adolescent Renewal Ranch is a mental health and substance use facility for adolescent girls ages 13-17 located in Texas.*

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