

TEEN DEPRESSION

SEPTEMBER 6-12, 2009
NATL. SUICIDE PREVENTION WEEK

Websites

24 Hour Hot Line Numbers

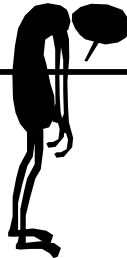
24 Hour Teen Contact (972) 233-0866
 Nat'l Suicide Prevention (800) 273-Talk (8255)
 Npline's Hot Line (800) 999-9999



www.suicidology.org
www.yspp.org
www.cdc.gov/ncipc/dvp/suicide
<http://kidshealth.org/teen/>
<http://www.parentingteens.com/>
<http://www.parent-institute.com/educator/>
<http://www.helpguide.org/>

Dealing with suicidal thoughts

- There is ALWAYS another solution, even if you can't see it
- Depression can cause you to have thoughts of hurting yourself; please get HELP first
- If your feelings are uncontrollable tell yourself to wait 24 hours before you take action
- Talk to someone you trust (parent, counselor, friend, doctor, etc.)
- If you're afraid you can't control yourself, make sure you are NEVER alone
- Don't isolate yourself



Warning Signs:

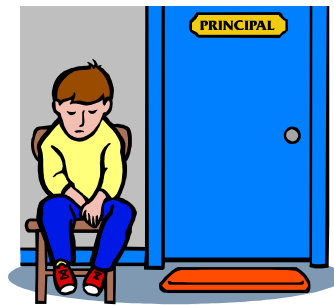
- ⇒ Change in sleeping or eating habits
- ⇒ Withdrawal from family and friends
- ⇒ Alcohol or drug usage (or increased usage)
- ⇒ Unusual neglect of personal appearance
- ⇒ Visible personality change
- ⇒ Difficulty focusing
- ⇒ Giving away personal/prized items
- ⇒ Recurrent complaints about physical/emotional state
- ⇒ Uninterested in praise or rewards

Suicide Warning Signs

- ◆ Talk about suicide or death in general
- ◆ Talk about going away
- ◆ Talk about feeling hopeless
- ◆ Stay away from friends and/or family
- ◆ Lose the desire to take part in favorite activities
- ◆ Have trouble concentrating
- ◆ Experience changes in eating or sleeping habits
- ◆ Self destructive behavior (alcohol, drugs, fast driving)

What can parents do?

- * Watch and listen carefully
- * Talk openly and freely
- * Ask questions
- * Be aware of any signs of bizarre thoughts
- * Get Help (800) SUICIDE, physician, counselor
- * NEVER leave a child alone when they are suicidal



Student Services team

Counselors
R. Patrice Dunn

Phone:

CALENDAR

September 7 - 13, 2008 National Suicide Prevention Week
 October 2, 180 Degrees Parent Meeting at 6:00 p.m.
 October 5 - 11, Fire Prevention Week, National domestic Violence Awareness
 November 20 Great American Smokeout, Lung Cancer Awareness Month

Your Address Line 2
 Your Address Line 3
 Your Address Line 4