

Tip Sheet



What are some key things to look for when concerned about depression?

WORRIED ABOUT A FRIEND?

If you are worried about possible depression in yourself, a friend, or a family member, here are some key things to look for:

- ✓ Change in mood for over two weeks
- ✓ Isolation from other people and/or changes in relationships
- ✓ Not doing things he/she typically likes to do
- ✓ Change in eating, sleeping habits; lack of energy or feeling tired
- ✓ Seeming sad, withdrawn, angry, or irritable
- ✓ Increasing negative self-talk (express worthlessness or hopelessness)
- ✓ Talking about death or suicide
- ✓ Picking fights; getting into trouble; using drugs
- ✓ Difficulties in school or decreased school performance
- ✓ Difficulty concentrating or making decisions
- ✓ Chronic stomach ache /headache

NEED MORE INFORMATION

If you want to find out more information about depression in adolescents, here are some helpful websites:

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| www.yblue.com.au | www.experiencejournal.com/depression |
| www.save.org | www.nami.org |
| www.bpkids.org | www.talklisten.org |
| www.nmha.org | www.familyaware.org |
| www.depressioninteens.com | www.helpguide.org |

RESOURCE FOR AN EMERGENCY

If you want to talk to someone about anything that is concerning you, here are the people to contact right away (e.g., youth group leader, parent, coaches, guidance staff, nurse):

Name: _____	office number: _____
Name: _____	office number: _____
Name: _____	office number: _____

If you need support or help from others, here are key people to contact:

Physician: _____	phone number: _____
Friend: _____	phone number: _____
Mental health provider: _____	phone number: _____
Clergy / lay leader: _____	phone number: _____
Other: _____	phone number: _____

If you are experiencing a crisis or an emergency, here are the numbers to call:

Suicide hotline: 1-800-273-TALK