

# TEEN DEPRESSION

## 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



## Websites

[www.suicidology.org](http://www.suicidology.org)  
[www.yspp.org](http://www.yspp.org)  
[www.cdc.gov/ncipc/dvp/suicide](http://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:

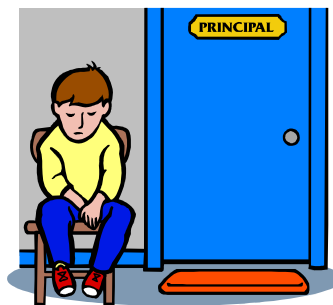
- ⇒ Change in sleeping or eating habits
- ⇒ Withdrawal from family and friends
- ⇒ Alcohol or drug usage (or increased usage)
- ⇒ Unusual neglect of personal appearance
- ⇒ Visible personality change
- ⇒ Difficulty focusing
- ⇒ Giving away personal/prized items
- ⇒ Recurrent complaints about physical/emotional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



## 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

## GMS Counselor's corner

### GMS Counselors

Mrs. Patrice Dunn  
 ext 2918  
 Dunnnp@lisd.net

Mrs. Denine Hammonds  
 ext. 2919  
 hammondsd@lisd.net

**Phone: (469) 713-5973**