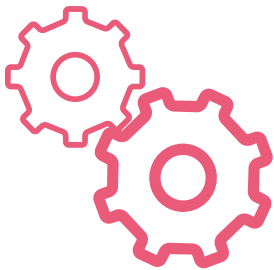


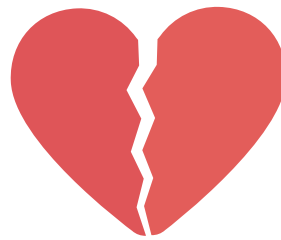
Depression & Signs of Suicide

Depression is the most common form of mental illness and can lead to suicidal thoughts and actions. In fact, suicide is the third leading cause of death among those 14-24 years of age and the second for youth aged 10-14. The good news is that depression can be treated and cured, and suicide can be prevented!



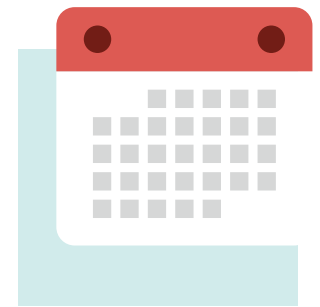
Factors

- Loss
- Failure
- Rejection
- Bullying
- Humiliation
- Trauma



Feelings

- Hopeless
- Sad
- Anger
- Powerless
- Trapped
- Empty



Depression

Depression symptoms lasts longer than two weeks and leaves a person unable to function normally.

A.C.T.

Acknowledge



Acknowledge their message and take them seriously; ask directly if they are thinking of planning suicide.

Care



Express your concern in a non-judgmental manner. Let them know you are there to help.

Tell



Tell a Trusted Adult (Parent, Teacher, Counselor, Coach, Pastor, Proctor, Police, Someone!)

Get Support

Depression is the number one mental illness experienced by people. You are not alone. Treatment is effective. Talk therapy and/or medication are very helpful. You don't have to see someone alone, you can bring a friend with you to the counselor. Suicide is a tragic and permanent mistake for a temporary problem. Suicide is Preventable.

Resources

Support at Shorecliffs

School Counselor
School Psychologist
Assistant Principal
Principal
Teacher
Trusted Adult

Emergency

Call: 911
Suicide Prevention Lifeline:
1 (800) 273 - 8255
Suicide Crisis Line:
1 (877) 727 - 4747

Text a Tip

949-682-8471
When you want to make an anonymous referral during school hours.

Telling someone helps!



Self-Care

Emotional



Sustaining emotional health nurtures relationships with self and others.

Physical



Upholding physical health boosts positive feelings.

Mental



Maintaining mental health improves overall health and wellness.