



## Speak Up, Take Charge, Get Help!

- 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 more than two weeks
  - Isolation from other people
  - Not doing things he/she typically likes to do
  - Change in eating and/or sleeping habits
  - Seeming sad, withdrawn, angry, or irritable
  - Talking about death or suicide
  - Picking fights; getting into trouble; using drugs
- If you want to find out more information about depression in adolescents, here are some helpful websites:
  - [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
  - [www.afsp.org](http://www.afsp.org)
  - [www.hopeline.com](http://www.hopeline.com)
  - [www.thetrevorproject.org](http://www.thetrevorproject.org)
  - [www.jedfoundation.org](http://www.jedfoundation.org)
  - [www.halfofus.org](http://www.halfofus.org)
  - [www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)
  - [www.familyaware.org](http://www.familyaware.org)
  - [www.save.org](http://www.save.org)
  - [www.thebalancedmind.org](http://www.thebalancedmind.org)
  - [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)
  - [www.helpguide.org](http://www.helpguide.org)
- If you are experiencing a crisis or an emergency, here are the numbers to call:
  - **Emergency services:** 911
  - **Suicide hotline:** 1-800-273-TALK
  - **Teen help line:** 978-688-TEEN
- If you want to talk to someone in your school about anything that is concerning you (does not have to be just about possible depression!), here are the people to visit right away:
  - Name:** \_\_\_\_\_
  - Office number:** \_\_\_\_\_
  - Name:** \_\_\_\_\_
  - Office number:** \_\_\_\_\_
  - Name:** \_\_\_\_\_
  - Office number:** \_\_\_\_\_
- If you are outside of school, and need to talk to an adult right away, here are the important phone numbers to have:
  - Parents/guardians:** \_\_\_\_\_
  - Phone number:** \_\_\_\_\_
  - Physician:** \_\_\_\_\_
  - Phone number:** \_\_\_\_\_
  - Other:** \_\_\_\_\_
  - Phone number:** \_\_\_\_\_