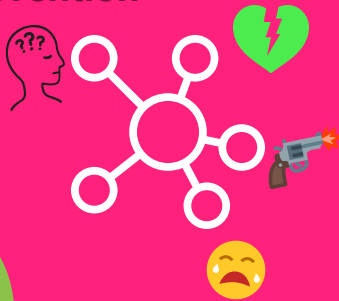


EVERYTHING YOU NEED TO KNOW

ABOUT Depression and Suicide Prevention

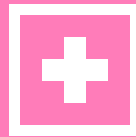


Well-being Safety Assessments
www.well-beingsafetyassessments.com
573.451.2151



What is Depression?

Depression is more than just feeling sad. It is a serious condition affecting your mental and physical health and can last for weeks, months or even years.



When is treatment necessary for Depression?

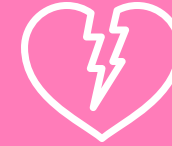
Depression can escalate to the point where a person is considering hurting themselves or taking their own life. If you or someone you know is experiencing thoughts of self-harm, professional help should be sought immediately.



Depression/Suicide Prevention Hotlines

Emergency Situations 911

Crisis Text Line : Text "CONNECT" to 741741
National Suicide Prevention Hotline 1-800-273-8255
TREVOR PROJECT (LGBTQ Issues) 1-866-488-7386



Symptoms of Depression

Depression is a persistent feeling of sadness, loss of interest in activities you once enjoyed. Depression can also include changes in sleep, appetite or energy levels.



Steps to Managing Depression

If you feel like you or someone you know is experiencing Depression, take the time to learn more about it. There may be an underlying medical issue causing the symptoms. Seeking treatment from professionals is the key to better understanding this condition.



Resources

Suicide Prevention Lifeline
<http://suicidepreventionlifeline.org>
Society for the Prevention of Teen Suicide
<https://www.sptsusa.org>
Suicide Prevention Resource Center
<https://www.sprc.org/>
Suicide Prevention Student Classes (online)
www.well-beingsafetyassessments.com/wsa-classes