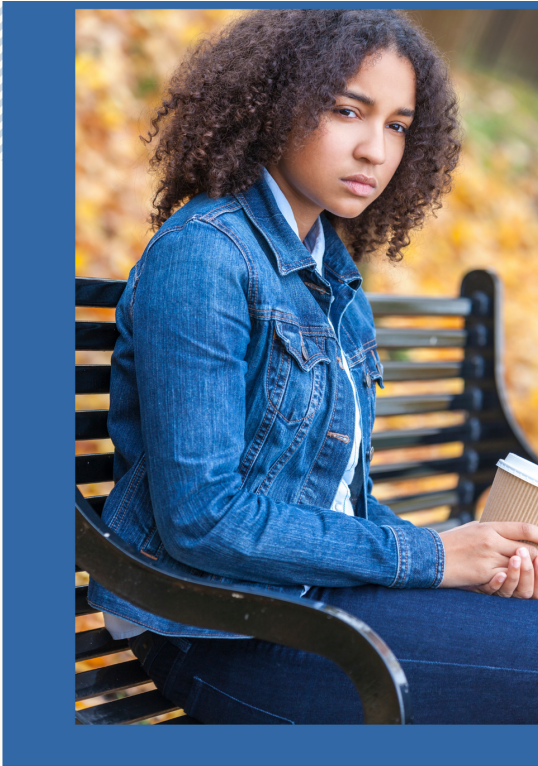


Teaching Students and Parents about: Teen Depression and Suicide

WELL-BEING SAFETY ASSESSMENTS
573.451.2151



Grab great
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posters and an 8
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pamphlet to share
with students and
parents.

WHAT WE NEED TO KNOW

ABOUT TEEN DEPRESSION/SUICIDE

2021

DEPRESSION IS NOT A SIGN OF
WEAKNESS

SUICIDE PREVENTION LIFE LINE:
1-800-273-8255

CLINICALLY DEPRESSED CANNOT JUST SNAP OUT OF IT AND GET
BETTER. TREATMENT IS OFTEN THE BEST SOLUTION FOR THIS
ILLNESS AND CAN INCLUDE COUNSELING AND/OR MEDICATION.

www.well-beingsafetyassessments.com

Due to the pandemic,
childhood depression
and suicide is
increasing every day.
Learn how COVID-19
is impacting teen
depression and what
can help.



- less than usual
- Trouble with concentrating, remembering information or making choices
- Talking, writing or drawing about suicide or death

XXXXXX

the same family members. Because of this situation, many students are finding themselves thinking more and more about what they don't like about their life, instead of the activities they used to enjoy. The more they think about these negative thoughts the worse they feel. It doesn't take long and kids begin to struggle to find anything about their

chat, Facetime, Portal or 6 feet apart. Find a way to get your children talking and socializing with others. When we focus on the positive; we do not have time for the negative.
5. Limit the amount of news your children hear. They may not act like their listening but you may be surprised what they are taking in.

prescribe medication to help you handle the feelings you are experiencing. It is important to follow the directions of the medication you are taking and to let the counselor know how you are feeling. Some medications will work differently on different individuals. Don't stop taking the medication without a doctor's permission.

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CREATED BY: Well-being Safety Assessments
Dedicated to preventing violence in schools across the United States.

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WHAT WE NEED TO KNOW

ABOUT TEEN DEPRESSION/SUICIDE

2021

What is Depression?

Being a teen can be difficult, especially in today's world. As a person, you are changing. Your body is growing and you are starting to have your own thoughts and beliefs that may differ from others. You are likely experiencing many different kinds of emotions. You can feel great one moment and sad the next moment. These ups and downs are normal as you transition into becoming an adult.

Sometimes, teens can experience a great deal of sadness and feel depressed. This feeling can last a long-time and even begin to interfere with your daily life. Depression is a medical illness that can affect your sleeping, eating and education. Depression is common and can occur in children, teenagers and adults. This pamphlet will discuss how to recognize Depression and what to do if you have it or know someone who does.

DEPRESSION IS NOT A SIGN OF WEAKNESS. MOST PEOPLE WHO ARE CLINICALLY DEPRESSED CANNOT JUST SNAP OUT OF IT AND GET BETTER. TREATMENT IS OFTEN THE BEST SOLUTION FOR THIS ILLNESS AND CAN INCLUDE COUNSELING AND/OR MEDICATION.



SIGNS AND SYMPTOMS

Checklist

FOR CHILDHOOD/TEEN DEPRESSION



Constantly feeling sad, anxious and alone



Feeling hopeless, like the situation will not get better



Having no energy or less energy than normal



Feeling angry or irritable most of the time



No interest in family or friends/want to alone



Grades are dropping



No longer participate in activities, like sports or clubs



Eating habits have changed/eating more or less than usual



Sleeping habits have changed/sleeping more or less than usual



Trouble with concentrating, remembering information or making choices



Talking, writing or drawing about suicide or death



Getting help doesn't have to be hard.

Asking for help is not a sign of weakness, many people have to receive treatment before they can feel better.

01

Children and teenagers should try talking to a trusted adult about how they are feeling. Talk to a parent alone or a favorite teacher or school counselor about your emotions. Keep talking until you receive the help you need.

If you do not know a trusted adult, seek help by contacting the National Suicide Lifeline at: 800.273.8255 or go to:
www.suicidepreventionlifeline.org

02

Children and teens can also text for help by texting: 4HELP or (44357). A professional will answer your text in seconds.

03

A list of national healthlines can be found by going to: The National Institute of Mental Health. This site provides great information on mental health diagnoses/the signs and symptoms/risk factors and treatment solutions.

<https://www.nimh.nih.gov/index.shtml>

04

Children and teens can also go to their pediatrician/primary doctor and ask for a physical examination. The doctor will ask lots of questions, including questions about mental health and can direct you to resources in your area. It is important to be truthful and not minimize how you are feeling.



How is Depression treated?

Depression is treated with counseling, medication or a combination of the two.

Counseling is a treatment where you will meet with a therapist who will talk with you about your feelings, emotions and behaviors. Counseling can be one on one with just you and your counselor meeting or it can involve one or more of your family members in family counseling. Your therapist may even suggest attending a group counseling session where you will meet with a group of individuals who are struggling with similar issues. Be honest with your counselor about how you feel about these different types of counseling so he/she can make the right decisions about your treatment.

A counselor or therapist can be a **psychologist, psychiatrist or a licensed counselor**. Depending on their background and education, they may prescribe medication or recommend someone who can prescribe medication to help you handle the feelings you are experiencing. It is important to follow the directions of the medication you are taking and to let the counselor know how you are feeling. Some medications will work differently on different individuals. Don't stop taking the medication without a doctor's permission.

A PARENT'S GUIDE TO HELPING CHILDREN/TEENS WITH DEPRESSION

PAY ATTENTION

When you hear a child talking about death or dying take it seriously.

It is not uncommon for kids to talk about harming themselves before they attempt suicide.



GET ACTIVE

Take a holistic approach to helping your child with Depression by eating healthy and exercising regularly with them.

DON'T LEAVE THEM ALONE

If a teen/child tells you he/she is considering hurting themselves, do not leave them alone.

ASK FOR HELP

Parents do not have to have all the answers.

When your child is showing signs and symptoms of Depression, contact the child's primary care physician, a counselor or school official and ask for advice.

BE AWARE

If a child is considering suicide, they are thinking about a plan to make it happen. Ensure your house is a safe environment by locking up medicines, alcohol, guns and other dangerous items.

GOOD COMMUNICATION

Talking to your child about suicide will not make them commit suicide. But, opening up lines of communication can improve how your child is feeling and let them know how much you care.

CHOOSE THE BEST COUNSELOR

There are many different kinds of counselors and many different ideas on how to help with Depression. If the counselor you initially chose is not working, don't be afraid to find a new therapist who will work.

THE RIGHT MEDICATION

Different medication works differently on teens and children. Don't be afraid to tell the counselor how the medication is really working.



How does the COVID-19 Virus affect Childhood Depression?

Due to the pandemic, many students are having to learn from home. Instead of socializing with other kids their age, they are confined to the safety of their house.

Although it may be necessary to attend virtual school at this time, it is important to understand how this may be impacting a child and their emotional well-being.

School is more than just an environment where we are taught lessons. The educational experience also gives students the ability to interact with others. They get to talk, laugh and learn together. School also forces kids to get up at a designated time, get dressed, eat breakfast, and begin their day. This structure as well as the social interaction provided while at school is a defense against childhood Depression. Children and teens are busy with their day and they do not have time to focus on the things in their life they do not like. Due to the pandemic, children now have more time on their hands. Instead of spending this time with friends and interacting with others, they are alone or surrounded by the same family members. Because of this situation, many students are finding themselves thinking more and more about what they don't like about their life, instead of the activities they used to enjoy. The more they think about these negative thoughts the worse they feel. It doesn't take long and kids begin to struggle to find anything about their

current life they desire. In addition to these feelings, kids are faced with their parents and loved ones potentially getting this virus and being ill from it as well as worrying about the financial strain this pandemic has left their parents in. This emotional weight children are feeling right now is enormous and due to their minimal coping skills are leaving them feeling incredibly hopeless. However, there are some things parents can do to assist their children during this time.

1. Talk to your kids. Let them know that even though this is a scary time that together your family can get through it.
2. Listen to your kids. Children and teens need to talk to get out their fears and worries. Even if there is no solution right now, talking about the situation is better than keeping it inside.
3. Encourage a daily structure with your children. Get up..Get dressed..Eat..School lessons.. etc.
4. Socialize. Find a way to interact with others outside of your home. Whether it is on a Zoom meeting, telephone, chat, Facetime, Portal or 6 feet apart. Find a way to get your children talking and socializing with others. When we focus on the positive; we do not have time for the negative.
5. Limit the amount of news your children hear. They may not act like their listening but you may be surprised what they are taking in.

Well-being Safety Assessments

Dedicated to Preventing Violence in Schools across the United States

For additional resources on student safety contact WSA at:

www.well-beingsafetyassessments.com
573.451.2151

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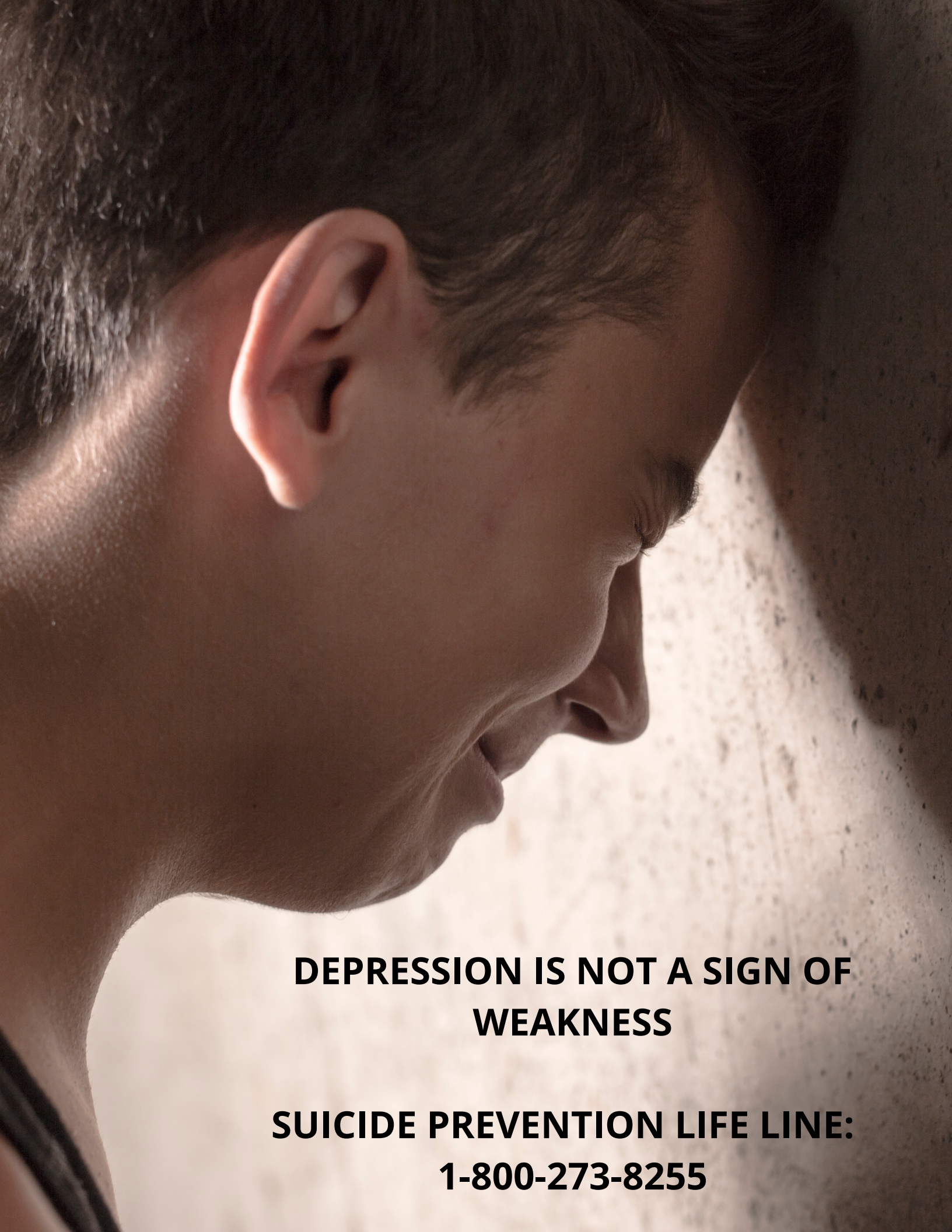
www.instagram.com/wellsafety



IS IT TIME TO ASK FOR HELP?



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Life Line:
1-800-273-8255**



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