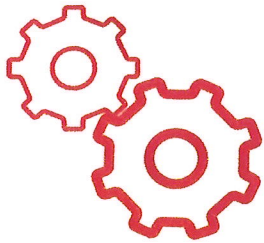
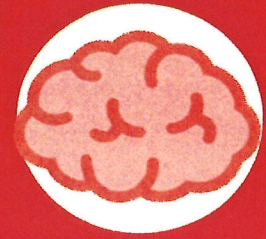


Depression

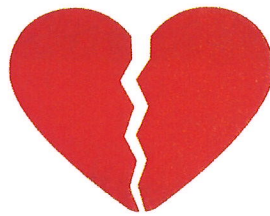
& Signs of Suicide

Depression is the most common of mental illnesses 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!



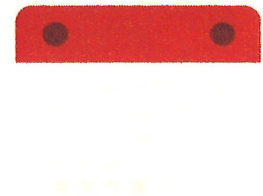
Triggers

Loss
Failure
Rejection
Bullying
Humiliation
Trauma



Feelings

Hopeless
Sad
Anger
Powerless
Trapped
Empty



Depression

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

A.C.T.

Acknowledge



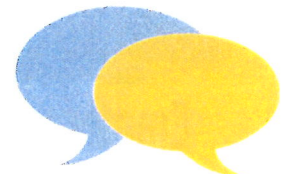
Acknowledge their message and take them seriously; ask directly if they are thinking of planning suicide.

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 permanent solution to a temporary problem. Suicide is Preventable.

Resources

Support at BAMS

School counselors,
school
psychologists,
mental health staff,
and social workers

Emergency

Call: 911

Suicide Prevention
Lifeline:
1 (800) 273 - 8255

Suicide Crisis Line:
1 (877) 727 - 4747

Text a Tip
949-682-8398

When you
want to make
a confidential
referral

Telling someone helps!



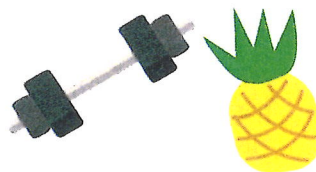
Self-Care

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.