



DEPRESSION AND SUICIDE

WHAT RELATIONSHIP IS THERE BETWEEN RISK OF DEPRESSION AND HOW CONNECTED TEENS FEEL TO THEIR SCHOOL?

Connection to School	Risk of Depression
Very connected	Very low
Quite a bit	Low
Somewhat	Low to moderate
Very little	Moderate
Not at all connected	High

DISCUSSION

- What could make someone feel connected to school?
- What could make someone feel disconnected?

DEPRESSION

- Depression after a loss can be normal for a few days or weeks
- Some depression can stay longer
- Clinical Depression- may feel sad and hopeless for months
 - Unable to enjoy activities
 - Unable to accomplish their daily tasks
 - Can cause problems at home, school, social life

SIGNS OF CLINICAL DEPRESSION

- Change in appetite
- Change in sleep patterns
- Change in activity levels
- Loss of interest in usual activities
- Hopelessness, boredom, guilt, worthlessness
- Unexplained crying, easily annoyed
- Repeated thoughts of death and suicide
- Body pains, headaches, digestive problems
- Difficulty remembering details, concentrating, making decisions

RISK FACTORS

- A parent or other biological relative with a mood disorder
- A major life change or prolonged stressful situation
- Being the victim of a violent crime or witnessing a violent crime
- A previous bout of depression
- A sense of hopelessness

TREATMENT

- Medication
 - Help restore normal brain function
- Coping strategies
 - Talking with friend, counselor, parents
 - Journal writing
- In-patient therapy
- Out-patient therapy

SELF-INJURY

- Cutting- use of a sharp object to intentionally scratch or cut one's body deep enough to bleed
 - Cover scars with clothing
 - Cut in hidden areas
- Unhealthy way to cope with emotions, stress or traumatic events
- Trying to feel better, provides temporary relief from painful feelings
- Instead of self- injury
 - Rub ice on skin
 - Exercise
 - Listen to music to shift your mood
 - Call a friend

Suicide- the intentional killing of oneself

SUICIDE RISK FACTORS

- A previous suicide attempt or family history of suicide
- Having both a mental disorder and a substance abuse disorder
- Feeling of hopelessness or isolation
- Lack of access to mental health treatment
- Being influenced by the suicide of family members, peers, or celebrities

WARNING SIGNS

- Talking or posting about suicide
- Researching for ways to die
- Visiting, calling, telling people goodbye
- Giving away prized possessions
- Expressing unbearable emotional pain
- Loss of interests In hobbies, school, work, sports
- Suddenly becoming calm or cheerful after a long period of depression

PROTECTIVE FACTORS/PREVENTION

- Treating mental health disorders. Especially depression
- Getting treatment for alcohol or other drug abuse
- Feeling connected to school
 - Get involved in activities, clubs
- Having close relationships with family and friends
- Personal beliefs
- Healthy conflict resolution

WHEN A FRIEND IS THINKING ABOUT SUICIDE...

DO'S

- Trust your feelings
- Take the threat seriously
- Say how concerned you are
- Listen carefully
- Involve a trusted adult
- Call 911 if needed
- Stay until help arrives

DON'TS

- Dare the person to go ahead with the attempt
- Judge the person
- Analyze the persons motives
- Argue or offer reasons not to attempt suicide
- Leave the person alone

What do you
do if you
hear or
see....

“they’ll be
sorry when
I’m gone”

See suicidal
or self harm
thoughts on
social media

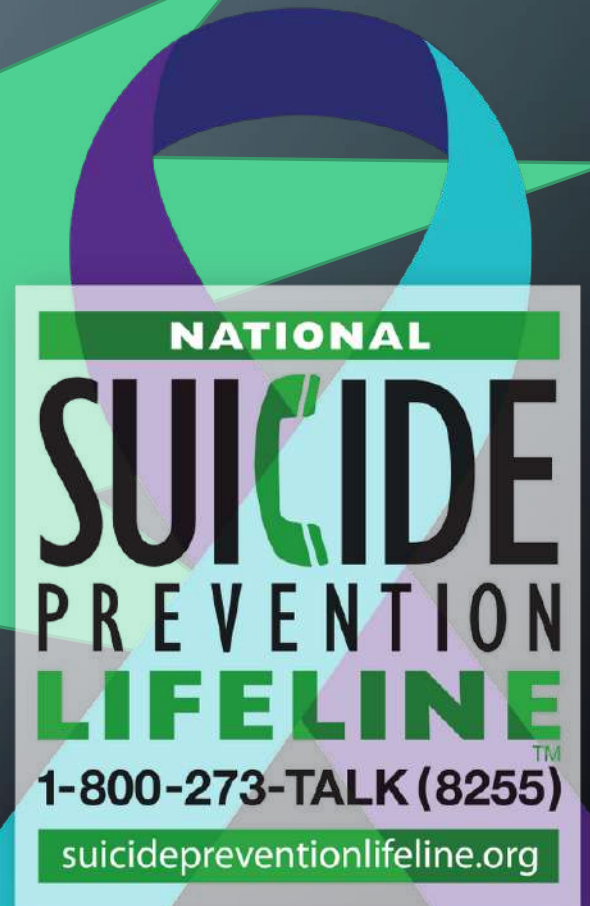
“I can’t do
this
anymore”

“I have
nothing to
live for”

“promise you
won’t tell
anyone”

**Call the
police or 911**

TELL AN ADULT!



HELPING YOURSELF



- Suicide is never the solution
- Talk to a trusted adult or mental health professional
 - Teacher, counselor, coach, friends parent, spiritual leader, doctor
- You do not have to deal with problems alone
- Be honest! If you've thought about suicide or attempted tell someone
- Crisis hotlines, suicide prevention hotlines
- Bradley center