

## Phone Numbers National Suicide

Prevention Lifeline 1-800-273-8255 24/7/365 Hotline

#### Trevor Project (For LGBTQ+ Youth)

1-866-488-7386 24/7/365 Hotline

## Crisis Text Line

741-741 24/7/365 Hotline

#### CHADS Family Support 314-852-8274 9am-5pm Warm-line

### **Support Websites**

seizetheawkward.org asklistenrefer.org

## CHADS Colition Mental Health COMMUNITIES HEALING ADOLESCENT DEPRESSION AND SUICIDE

## Warning Signs of Depression

Angry, irritable, hostile, aggressive

Problems with sleeping (too much, too little, or disturbed)

Loss of interest in usual activities/ things they used to enjoy

Physical pain (headaches, stomachaches)

Change in weight or appetite Feelings of sadness

Excessive isolation

## Signs and Symptoms of Anxiety

Worry excessively about everyday things

Trouble controlling worries or feelings of nervousness

Restless; difficulty relaxing; easily startled; feel "on edge"

Muscle tension

Sweaty, racing heartbeat

Feeling light-headed or out of breath

**Difficulty Concentrating** 

## Warning Signs of Suicide

Talking or writing about suicide Feeling hopeless, worthless, or like a burden

All-or-nothing thinking/ Tunnel Vision

Substance abuse

Serious behavior problems/risk behaviors/recklessness Feelings of wanting to be dead Giving away favorite things Sudden sense of calm/happiness

When you or someone you know needs help, remember...

Acknowledge that you or a friend needs help

Care enough to take action

Tell a trusted adult



## When you see the warning signs, take ACTion

#### Acknowledge

*That you are seeing signs of depression or suicide in your teen and that it is serious* "You sound really down. Things have gotten really tough for you."

"I've noticed how you seem really quiet recently, like something major is bothering you."

"It seems like you are dealing with some major struggles right now."

"It sounds like you're really hurting. Are you feeling so bad that you've thought about suicide?"

#### Care

Let them know you care and that you can help

"I will be with you through this."

"If \_\_\_\_\_ happened to me I would be very upset too."

"I'm really concerned about you trying to deal with all of this on your own."

"I would never want you to be hurting like this."

#### Treat

Seek treatment through insurance, referrals or your pediatrician

"There are people who know how to help kids that are dealing with issues like this, let's make a few phone calls."

"Thank you for sharing with me. Let's see what we can do to get you some extra support."

#### Ask if they have a plan

- WHEN, WHERE, HOW, ACCESS
- The more detailed the plan, the greater the risk

#### Do not leave them alone

- Supervise your child constantly (or make sure they are in a secure environment supervised by caring adults) until he or she can be seen by the mental health contact.
- Ensure a safe environment
  - Remove all weapons from the home
  - · Hide prescriptions and over the counter drugs
- Talk about next steps and a plan of action.
  - Just like a person with cancer is told their treatment plan, so should someone with a mental illness
  - Make sure hope is not lost or that hope is restored

## Managing Your Reactions

- You don't need to be the expert or have all the answers.
- Give yourself permission to be human. It's normal to feel anxiety and other difficult feelings.
- Don't argue with your teen about their feelings or decisions, validate them and thank them for talking to you
- Talk to a supportive person beforehand and debrief afterward.
- <u>Remember:</u> there is no perfect script, you're doing the best you can and there is always hope

## Resources

### To Learn More

#### • United Way Family Support Line

- <u>https://www.unitedway.org/our-impact/focus/health/</u>
- Phone: 211
- National Alliance for Mental Illness: <u>www.nami.org</u>
- SAMSHA Behavioral Health Locator: <u>https://www.findtreatment.samhsa.gov/</u>
- Zero Suicide: <u>https://www.sprc.org/zero-suicide</u>
- American Association for Suicidology: www.suicidology.org
- American Foundation for Suicide Prevention: <u>afsp.org</u>

## Providers Near You

### CHADS Coalition:

- Office Counseling for Kids/Adolescents
- Adult Survivors of Suicide Support Group
- 314-952-8274
- www.chadscoalition.org

### • Annie's Hope:

- Grief resources for Kids/Adolescents
- 314-965-5015

### Behavioral Health Response (BHR)

- 1-314-469-6644

# **Crisis Hotlines**

NATIONAL

1-800-273-TALK (8255)

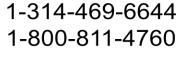
suicidepreventionlifeline.org







1-866-488-7386



Text ACT to 741741

CRISIS TEXT LINE

*St. Louis County Youth Connection Helpline* 

