



CHADS Coalition

FOR Mental Health
COMMUNITIES HEALING ADOLESCENT DEPRESSION AND SUICIDE

Warning Signs of Depression

Angry, irritable, hostile, aggressive

Physical pain (headaches, stomachaches)

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

Change in weight or appetite

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

Feelings of sadness

Excessive isolation

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

Signs and Symptoms of Anxiety

Worry excessively about everyday things

Muscle tension

Trouble controlling worries or feelings of nervousness

Sweaty, racing heartbeat

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

Feeling light-headed or out of breath

Difficulty Concentrating

Warning Signs of Suicide

Talking or writing about suicide

Serious behavior problems/risk behaviors/recklessness

Feeling hopeless, worthless, or like a burden

Feelings of wanting to be dead

All-or-nothing thinking/ Tunnel Vision

Giving away favorite things

Substance abuse

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

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



1-314-469-6644
1-800-811-4760

CRISIS TEXT LINE |

Text ACT to 741741

RAINN
800-656-HOPE(4673)

THE TREVOR PROJECT
Saving Young LGBTQ Lives

1-866-488-7386

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

St. Louis County Youth Connection Helpline



Call: 314-628-2929
Text: 4HLP to 31658