



CHSAA



Mental Health Monday

[Suicide and Mental Health Resources in your area of the state](#)

Call the toll-free [National Suicide Prevention Lifeline \(NSPL\)](#) at **1-800-273-TALK (8255)**, 24 hours a day, 7 days a week. The service is available to everyone. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. Dial 911 in an emergency.

Learn more on the NSPL's [website](#).



RESOURCES

[Student Mental Health and Suicide Prevention Course](#)

[“How to Talk to Children and Youth”](#)

[SUICIDE RISK FACTORS AND WARNING SIGNS](#)

[“Why You Should Talk to Kids About Suicide”](#)

[Depression Resource Center](#)

DEPRESSION

Between 20-30% of adolescents experience depressive symptoms

“**Depression symptoms**” include a sense of sadness or unhappiness, a lack of interest in things you used to enjoy, changes in appetite, difficulty concentrating, trouble sleeping, loss of energy, feelings of worthlessness, irritability and may include thoughts of suicide

STRATEGIES TO HELP REDUCE DEPRESSION:

1. **Take a breath break** – STOP, breathe and decide your next step
2. **When feeling blue, get ACTIVE!** – 10 min. can reduce depression
3. **Connect** – staying connected to positive people can help you cope
4. **Pleasant activities/hobbies** – these can help you feel less depressed
5. **Question depressed or unhelpful thinking** – try to see it differently
6. **Talk to your parent and doctor about how you have been feeling**

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For complete Mental Health Information, please go to

CHSAANOW

SYMPTOMS

- Poor performance in school
- Withdrawal from friends and activities
- Sadness and hopelessness
- Lack of enthusiasm, energy, or motivation
- Loss of interest in activities they used to enjoy
- Anger and rage
- Overreaction to criticism
- Feelings of being unable to satisfy ideals
- Poor self-esteem or guilt
- Indecision, lack of concentration or forgetfulness
- Restlessness or agitation
- Changes in eating or sleeping patterns
- Substance abuse
- Sexual promiscuity
- Risk-taking behaviors
- Problems with authority
- Suicidal thoughts or actions

TEEN SUICIDE WARNING SIGNS

- Suicide threats (direct and indirect)
- Obsession with death
- Poems, essays, or drawings that refer to death
- Giving away belongings
- A sense of “hopelessness” and/or no future vision
- Dramatic change in personality or appearance
- Irrational, bizarre behavior
- Overwhelming sense of guilt, shame, or rejection
- Significantly changed eating patterns (including drastic weight gains or losses)
- Significantly changed sleeping patterns (especially contributing to school truancy)
- Severe drop in school performance or social interest