



# Depression and Suicide Awareness

Some Things Should be Shared



**Let's talk for a moment about  
depression.**

# True or False?

**Depression is more than just “feeling sad”.**

# True

Feeling depressed means you might feel some or all of these things:

- Depressed mood
- Feeling tired all the time
- Often feeling sad or lonely
- Eating too much or not eating at all
- Feeling like you are not good enough
- Sleeping too much or not at all
- Hard time focusing on anything
- Talking negatively about yourself
- Not being interested in doing the things you usually like to do
- Not wanting to be around friends or family, wanting to be alone

# True or False?

**Kids don't suffer from "real" depression.**

# False

**While it is normal for kids to be moody, depression can affect anyone regardless of age, race, ethnicity or economic group.**

# True or False?

**Kids who say they are depressed are “weak” and “just need to pull themselves together”.**

**There's nothing anyone else can do to help.**

# False

Depression is not a weakness; it can be a serious problem.

Both young people and adults who are depressed sometimes need professional help.

A trained professional can help them learn more positive ways to think about themselves, change behaviors, cope with problems or handle relationships.

A doctor can prescribe medication to help cope with feelings of depression. For many people, a combination of counseling and medication is helpful.



# True or False?

**Talking about feeling depressed or sad may  
give someone negative ideas.**

# False

You don't give a person negative ideas by talking about depression.

The opposite is true. Bringing up the subject of depression and discussing it openly is one of the most helpful things you can do.

# Feelings of depression may be caused by:

- Break ups (friendships, romantic relationships)
- Being bullied (feeling isolated, rejected or alone)
- Family problems (divorce, abandonment)
- Sexual, physical or mental abuse
- Drug or alcohol use or abuse
- School or work problems (stress, poor grades)
- Unrealistic expectations or sense of failure
- Feeling like you don't belong anywhere
- Financial problems
- Mental illness (including depression)
- The death of a loved one (even pets)

**Sometimes when someone feels depressed for a long time they may have thoughts of wanting to die or end their life by hurting themselves in some way.**

**They might feel overwhelmed by how sad they feel.**

**It is important to know.....**

**Most people do not want to die, they want the pain to stop. The thoughts to end it all do not last forever.**

**Hurting yourself is a permanent solution to a temporary problem. It is never a good answer to our problems!**

**There is help available!**

Many of you have experienced one or more of these things in the past.  
Some of you may be experiencing several of these things right now.  
You might even have had a friend that has come to you saying these things to you.

Some secrets should be shared.

This is not a secret to keep!

# Remember...

**Almost everyone who tries to hurt themselves has given some clue or warning. Do not ignore threats people make about hurting themselves.**

**Statements like “you’ll be sorry when I’m dead”, or “I don’t want to live anymore”, no matter how casually or jokingly said, may be serious feelings of depression.**

# How can you help yourself?

- Talk to your parent, or a trusted adult
- Talk to a good friend
- Talk to your doctor
- Try to avoid stressful situations
- Take care of yourself:
  - Eat well
  - Get at least 8 hours of sleep
  - Exercise
  - Spend time with friends and family
  - Use stress management techniques



**What can I do?**

**A - C - T**

# A - C - T

## A cknowledge

**Acknowledge that you are seeing the signs of depression or suicide in a friend and that it is serious.**

## C are

**Let your friend know you care about them and that you are concerned that they need help you cannot provide.**

## T ell

**Tell your parent or a trusted adult that you are worried about your friend.**

## When to Tell

- Immediately

## Who to Tell

- Parent or Guardian
- School Social Worker
- School Psychologist
- School Nurse
- Trusted Teacher or Administrator (Principal)
- Counselor
- Trusted Adult

**Thank You!**

