



Childhood Depression and Teen Suicide

Depression is an emotional condition characterized by low spirits, gloominess and hopelessness. Teens suffering from feelings of severe inadequacy and depression can become suicidal.

SOME THINGS THAT CAN TRIGGER DEPRESSION AND SUICIDE:

- Death/ Separation of a loved one
- Loss of self-esteem
- Low grades in school
- Family conflict
- Learning disabilities
- Being bullied
- Rejection
- Peer conflicts
- Sense of hopelessness

WARNING SIGNS OF SUICIDE:

- Gives away prized possessions to others without explanation
- Talking or joking about the idea of killing themselves
- Withdrawal or isolation from friends and family
- Loss of interest in usual activities
- Life changes, medical illnesses, losses
- Sudden changes from extreme depression to being 'at peace'
- A strong interest or preoccupation with death

HOW YOU CAN HELP A DEPRESSED OR SUICIDAL CHILD:

- Provide warm, emotional support
- Listen carefully to what they say and take it seriously
- Develop mutual respect and trust to build strong relationships

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- Encourage positive feelings
- Do not ignore suicidal talk or behavior
- Do not be judgmental
- Teach positive ways to manage stress
- Find outside professional help

It is important for parents, teachers, counselors and friends to recognize the early signs of depression and suicide and take quick action so the loss of human life can be prevented.

WHO TO CALL FOR HELP:

**National Suicide Prevention Lifeline
1-800-273-TALK**

**Mental Health America
1-800-969-NMHA**

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**Parenting questions? Call the Parent Helpline:
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