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

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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

For more online tip cards, visit kcsl.org under the “Resources” tab.

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

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