

It's important to **ACT** if you see a student showing concerning signs.

Acknowledge that you're seeing signs of suicide in a student.

Signs someone might need help include:

A



Major changes in behavior



Sounding really down or hopeless



Withdrawing from family and friends

Show a student that you Care.

You can show you care by being a good listener and asking questions.

Tell me more about it.

C

I'm here for you.

It's OK to feel this way.

There is help available.



Tell a school administrator.

If you're having concerns about a student or if a student comes to you with concerns about themselves or a friend, **it's important that you report it to the right people.** Consider reaching out to school-based mental health staff, administrators, and/or local authorities.

You can check with your supervisor for who the right contact in your school would be.

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Help is always available. If you need someone to talk to, reach out to these resources. Reach the **Crisis Text Line** by texting **ACT** to **741741**. Contact the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**

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Common Questions About Depression

What is depression?

Depression is more than the blues or the blahs. When that "down" mood, along with other symptoms, lasts for more than a couple of weeks, the condition may be clinical depression. Depression is a serious health problem that affects the total person. In addition to feelings, it can change behavior, physical health and appearance, academic performance, social activity, and the ability to handle everyday decisions and pressures.

What causes depression?

We don't know all the causes of depression, but there seem to be biological and emotional factors that may increase the likelihood that someone will develop a depressive disorder. Research suggests a genetic link to depressive disorders; depression can run in families. Difficult life experiences and certain personal patterns, such as difficulty handling stress, low self-esteem, or extreme pessimism about the future, can increase the chances of becoming depressed.

How common is depression and is it serious?

Depression is a lot more common than most people think, and it affects people of all ages and from different backgrounds. This year it will affect around 15 million Americans, so if you are experiencing symptoms of depression, you are not alone. It's important to take depression seriously because it can disrupt your ability to function in daily life leading to big problems like trouble in school, alcohol and drug use, and feelings of worthlessness and hopelessness. Suicide is often linked to depression.

Are all depressive disorders alike?

There are various forms of depression. Some people experience only one episode of depression in their life, but many have several recurrences. Some depressive episodes begin suddenly for no apparent reason, while others can be associated with a life situation or stress. Sometimes people who are depressed cannot perform even the simplest daily activities – like getting out of bed or getting dressed; others go through the motions, but it is clear they are not acting or thinking as usual.

Can it be treated?

Yes, depression is treatable. People with depression – even the most serious forms – can be helped. There are a variety of psychotherapies and medications that can be used to treat depressive disorders. Some people do well with therapy alone while others do best with combined treatments: medication to gain relatively quick symptom relief and psychotherapy to learn effective ways to deal with life's problems, including depression.

The most important step toward overcoming depression – and sometimes the most difficult – is asking for help. If you are experiencing signs of depression, or are worried about a friend, ACT: Acknowledge, Care, Tell.

Help is always available.

The National Suicide Prevention Lifeline is available 24/7 and provides free, confidential support for people in distress, prevention and crisis resources at 1-800-273-8255.

Crisis Text Line Text 'ACT' to 741741 for free, 24/7 crisis support in the U.S.



Resources!

Take A Picture & Share!

National:

- **988**
(<https://988lifeline.org/>)
- **Text HELP to 741741**

NH & Nashua:

- **NH Rapid Response
Access Point Call/Text
833-710-6477**

(NH immediate response to mental health/substance use crisis, mobile crisis unit, multiple languages/sign language)

- **Greater Nashua
Mental Health**

(Open Access Hours 8-11:30am
Monday-Thursday)

School:

START WITH ANY ADULT YOU
TRUST!

- School Counselors
- School Social Workers
- SAP Counselor
- School Psychologists
- Assistant Principals
- Teachers

Youth Depression & Suicide

Local & National Resources

One Call Can Make a Difference

You can get help for your child using the following community and national resources. You may need to call several places to determine which one best meets your needs.

Community Mental Health Resources

- **Mental Health Centers**
 - Counseling Center of Nashua
 - (603) 883-0005
 - Merrimack Valley Counseling
 - (603) 888-4347
 - Waypoint (formerly Child and Family Services)
 - (603) 889-7189
 - Greater Nashua Mental Health Center
 - (603) 889-6147
- **General Hospitals**
 - Southern New Hampshire Medical Center
 - (603) 577-2000
 - St. Joseph Hospital
 - (603) 882-3000
- **Psychiatric Hospitals**
 - Hampstead Hospital
 - (603) 329-5311
 - New Hampshire Hospital
 - (603) 271-5300
 - Elliot Behavioral Health Services
 - (603) 668-4079
- **Sliding-Scale Treatment**
 - Psychology Today Database
 - <https://www.psychologytoday.com>
 - Greater Nashua Mental Health
 - (603) 889-6147 or gnmhc.org
 - Harbor Care Health and Wellness Center

- (603) 821-7788 or harborhomes.org
- **Social Work Chapter**
 - Natl. Assoc. of Social Workers of New Hampshire
 - (603) 226-7135
- **Pastoral Counseling Centers**
 - Willowdale Counseling Center
 - (603) 881-7554
 - Pastoral Counseling Services
 - (603) 627-2702
 - Emmaus Institute
 - (603) 886-3760
- **Self-Help Group**
 - H.E.A.R.T.S. Peer Support
 - (603) 882-8400
- **Advocacy Groups**
 - New Hampshire Psychiatric Society
 - (603) 224-7083
 - Natl. Alliance on Mental Illness NH
 - (603) 225-5359 or 1-800-242-6264
 - The Trevor Project
 - www.thetrevorproject.org
 - Suicide Prevention Resource Center
 - www.sprc.org
 - It Gets Better Project
 - www.itgetsbetter.org
 - Advocates for Youth
 - www.advocatesforyouth.org
- **Private Practitioners**
 - Psychology Today Database (click find a therapist)
 - <https://www.psychologytoday.com>
 - Lamora Psychological Associates
 - (603) 889-8648
 - Spidaliere Psychological Associates
 - (603) 889-2843
 - Hope Counseling
 - (603) 854-4673
 - New England Center for Comprehensive Counseling
 - (603) 886-5565
 - Healthy Perspectives Innovative Mental Health Services
 - (603) 880-9880

National Mental Health Resources

- **988** National Suicide Prevention Lifeline: Call for 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.
- **<http://findtreatment.samhsa.gov>** Find quality treatment options close to home using Substance Abuse and Mental Health Service Administration's (SAMHSA) confidential and anonymous online treatment locator.
- **1-800-662-HELP (4357)** SAMHSA's National Helpline: Call for 24/7, free and confidential information for individuals and family members facing substance abuse and mental health issues.

How to Report Suicidal Posts/Content Anonymously

Instagram:

- Click on the three (3) dots at the top right of the post.
- Click on Report.
- When asked “why are you reporting this post?” select “Suicide or self-injury.”
- Finalize your report by selecting “Submit Report.”

Facebook:

- Click on the three (3) dots at the top right of the post.
- Click on “Find support or report video.”
- For report problem, select “Suicide or Self-Injury.”
- You can either select “Done” or “See Resources.”

Snapchat:

- Story:
 - Press and hold the Snap Story you wish to report.
 - Tap “Report Snap” and follow the prompts.
- Individual Snap:
 - Press and hold the Snap you wish to report.
 - Click on “Report” and follow the prompts.
- Snapchat Account:
 - To report a Snapchat account, press and hold on that Snapchatter’s name and press the “More” option (or tap the O button).
 - Select “Report” to report the account and let Snapchat know what’s going on.

Twitter:

- Tap the arrow at the side of the tweet.
- Select “Report Tweet” from the list of options.
- Select the “It’s abusive or harmful” option.
- Select “This person is encouraging or contemplating suicide or self-harm.”
- Choose from the option who is at risk.
- Add more information if required in the field and press “send report to Twitter.”

TikTok:

- Tap the arrow at the bottom right hand corner of the video.
- Tap the report icon
- Select “Self Injury” and follow the prompts.
- Hit “Submit.”

SELF-CARE VS. COPING SKILLS: HOW ARE THEY DIFFERENT?

Self-Care

- *A preventative measure*
- *Acts attending to your emotional, mental, spiritual, & physical health*
- *Decrease extreme distress and burnout*
- *Can decrease the need for coping skills in the future*

Coping Skills

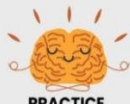
- *Used to get you through the tough times*
- *Activities or tactics you use when you're in a stressful situation*
- *Strategies you can use when you need to buy a bit more energy or time, like hitting the "pause button" when stressed*

Stress Management Coping Skills For Kids And Teens

Coping skills are things we can do to help us better manage stress. They help us relax, take care of ourselves, and think more clearly during stressful moments.



ENJOY NATURE



PRACTICE MINDFULNESS



EXERCISE



SHARE YOUR FEELINGS



COLOR, DRAW, OR PAINT



LISTEN TO MUSIC



TAKE A BATH /SHOWER



COOK A MEAL



Grounding Exercises



WATCH TV /MOVIES



LIMIT CAFFEINE AND SUGAR



MAKE A GRATITUDE LIST



TAKE A WALK



ESSENTIAL OILS



GET ENOUGH SLEEP



SPEND TIME WITH FRIENDS



EAT HEALTHY FOOD



TAKE A NAP



ORGANIZE YOUR ROOM



WATCH A COMEDY



SQUEEZE A STRESS BALL



TALK TO A TRUSTED ADULT



USE PROBLEM SOLVING SKILLS



WRITE IN A JOURNAL



READ A BOOK



STRETCH OR DO YOGA



PLAY AN INSTRUMENT



ASK FOR HELP



DEEP BELLY BREATHING



GET OUT IN THE SUN



MEDITATE



TENSE & RELAX YOUR MUSCLES



DRINK WATER



TAKE A BREAK



ENJOY A HOBBY



PLAY WITH A PET



PLAY A GAME



GARDEN



BREAK FROM ELECTRONICS



VISUALIZE A PEACEFUL PLACE



USE POSITIVE AFFIRMATIONS



CRY IT OUT

50 *Self Care*

IDEAS FOR A BAD DAY

1. DRINK HERBAL TEA
2. TRY AFFIRMATIONS
3. WRITE 10 THINGS GRATEFUL FOR
4. TAKE A DETOX BATH
5. TRY A FACE MASK
6. BREATHE DEEPLY
7. LIGHT YOUR FAVORITE CANDLE
8. WATCH A MOTIVATIONAL TEDTALK
9. EXERCISE
10. WALK IN NATURE
11. BUY YOURSELF FLOWERS
12. WRITE 5 THINGS YOU LOVE
13. JOURNAL
14. MAKE A VISION BOARD
15. DECLUTTER 10 ITEMS
16. READ A PERSONAL GROWTH BOOK
17. GO FOR A LONG WALK
18. LISTEN TO YOUR FAVORITE MUSIC
19. DO SOMETHING TO LAUGH
20. PLAN A GETAWAY
21. COOK YOUR FAVORITE MEAL
22. WATCH YOUR FAVORITE SHOW
23. HAVE A NIGHT WITH FRIENDS
24. DO A BRAIN DUMP
25. GO OUT FOR A DATE NIGHT
26. DO SOMETHING NEW
27. GIVE YOURSELF A MANICURE
28. CALL OR TEXT SOMEONE YOU LOVE
29. DO YOGA POSES
30. LISTEN TO YOUR FAVORITE PODCAST
31. SPEND TIME WITH SOMEONE INSPIRING
32. STRETCH
33. DO A SPA DAY
34. DO A DIGITAL DETOX
35. EAT A SALAD OR SMOOTHIE
36. GO OUT IN SUNSHINE
37. GO TO YOUR FAVORITE PLACE
38. TAKE SOME PRETTY PHOTOS
39. GET A MASSAGE
40. HUG SOMEONE
41. DRINK A FULL GLASS OF WATER
42. READ INSPIRATIONAL QUOTES
43. PUT ON NICE CLOTHES & MAKEUP
44. SLEEP
45. WATCH THE SUNRISE
46. REFRESH YOUR MORNING ROUTINE
47. CHANGE YOUR SHEETS
48. DIFFUSE ESSENTIAL OILS
49. DO SOMETHING NICE FOR SOMEONE
50. GO OUT FOR A COFFEE