

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.



Take a Pic and Share!

- **Life Line- 1-800-273-8255**
- **Text Line- Text “Help” to 741741**
- **SAMHSA’s National Helpline – 1-800-662-HELP (4357)**
- **NAMI NH- 603-225-6633**
- **GNMH Crisis Line- 1-800-762-8191**
- Assistant Principals
- Teachers- Email/class contact
- Guidance
- Social Worker/SAP/Mental Health in Schools
- School Psychologist

Community Resources and Service in Nashua, NH

- The Counseling Center of New England (Nashua)
 - (603) 883-0005
 - Take all commercial insurances, does not take state insurance (Medicaid) or any other insurances
 - Online form that matches the client with the counselor so there is no official wait list
- Merrimack Valley Counseling
 - (603) 888-4347
 - Take most insurances based on the provider and referral reason
- Greater Nashua Mental Health Center
 - (603) 889-6147
 - State Insurances and Private Insurances (Blue-Cross, Cigna, Harvard Pilgrim, Humana, Tufts, United Health Care/United Health Behavioral Health Care, Value Options)
 - Sliding Scale Treatment
 - Mental Health in Schools
 - Intake Drop-In hours 8:00 AM to 11:30 AM @ 440 Amherst St
- Harbor Homes
 - (603) 821-7788
 - Uninsured, under-insured, low-income, homeless families, Medicaid and Medicare, most private insurances
 - Sliding Scale Treatment for self-pay
- Bridges
 - 603-889-0858
 - For domestic violence, teen-dating violence, sexual violence
 - Support Groups
- Direction Behavioral Health Associates, LLC
 - 603-880-8188
 - Only takes Wellsense and other Private Insurances
 - Does not take NH Healthy Families
 - Parents call to make the referral
 - Intensive Outpatient and Partial Hospitalization Program (intermediate level of care)
- General Hospitals
 - Southern New Hampshire Medical Center
 - (603) 577-2000
 - St. Joseph Hospital
 - (603) 882-3000
 - Also has a Mobile Health Care program that hosts groups weekly that are free and allow drop-ins.
- Psychiatric Hospitals
 - Hampstead Hospital
 - (603) 329-5311
 - New Hampshire Hospital
 - (603) 271-5300

- Elliot Behavioral Health Services
 - (603) 668-4079
- Safe Stations
 - All fire stations in Nashua, NH have 24/7 access to the community for substance use assessments. This includes a physical and mental health screening to determine the level of care that the individual may need.
 - This may be more information for students struggling with a parent's substance use or caregivers that are worried about their student's substance use outside of school hours.
- Other Resources
 - www.psychologytoday.com private practice resource guide

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.



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