

# Signs of Depression

(Shows several symptoms most days for at least 2 weeks or longer)

- Somatic complaints
- Persistent unhappiness, negativity, irritability
- Difficulty in concentrating, remembering, or thinking clearly
- Restlessness or low energy
- Loss of interest
- Withdrawal
- Sleeping changes
- Eating pattern changes
- Suicidal thoughts, plans, or actions
- Low self-esteem
- Hopelessness, pessimism, guilt
- Drug/alcohol abuse
- Feelings of emptiness
- Anxiety



# Warning Signs of Suicide

- Vague or direct statements
- Observable signs of serious depression
- Putting life in order
- Giving away prized possessions
- Saying good-byes
- Social withdrawal
- Anxiety, agitation, sleep difficulties
- Sudden change in behavior or mood
- Increased alcohol and/or other drug use
- Recent impulsiveness and taking unnecessary risks
- Unexpected rage or anger, seeking revenge
- Death themes in art or written work

# Risk Factors for Suicide

- Major Depression
- Substance abuse
- Stressful life events
- Prior suicide attempt
- Impulsive aggression
- History of abuse
- Incarceration
- Hopelessness
- Perfectionism
- Family history of mental disorder or substance abuse
- Family history of violence
- Family discord
- Family history of suicide
- Exposure to the suicidal behavior of others
- Lack of social support and sense of isolation
- Firearms in the home

# Steps to *LAST*™

## To help a troubled teen

- Look and listen for signs of depression and warning signs of suicide
- **A**sk constructive questions and specific questions about suicide
- **S**how support
- **T**ell an adult who can help

## For a troubled teen to take

- **L**et someone know what's troubling you
- **A**sk for support
- **S**hare your feelings
- **T**ell an adult who can help

# Surviving the Teens Website –

[www.cincinnatichildrens.org/surviving-teens](http://www.cincinnatichildrens.org/surviving-teens)

- Provides information, tips, and valuable resources to parents, teachers, and teens
- Includes such topics as:
  - Teen stressors
  - Coping with teen stressors
  - Depression/suicide
  - Crisis contact information
  - Frequently asked questions
  - Recommended reading
  - Family success stories



[www.justinbrownfoundation.org](http://www.justinbrownfoundation.org)

