

## **Resources for Teens: Depression and Suicide Prevention**

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### **What can I do when I'm feeling depressed?**

- Talk to an adult you trust about how you feel
- Be active and reduce time on screens
- Do things that you usually enjoy
- Increase contact with family and friends
- Stay away from drugs and alcohol

### **Where can I find help?**

#### **Suicide help resources:**

- **Call the Suicide & Crisis Lifeline at 9-8-8.** Trained crisis workers are available to talk 24 hours a day, 7 days a week. All calls are confidential. When you call, text, or chat 988, you will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how your problems are affecting you, provide support, and connect you to resources if necessary. <https://988lifeline.org/>
- **Crisis Text Line:** Text **"HOME"** to **741741** or go to <http://www.crisistextline.org>. Available 24 hours a day/7 days per week

#### **Daylio app:**

Monitor mood and activities to see what types of activities help improve mood

#### **Websites:**

- University of Michigan Depression Center: <http://www.depressiontoolkit.org>
- Help Guide: "Teenager's Guide to Depression": <https://tinyurl.com/yadtayu4>
- Nat. Institute of Mental Health "Teen Depression": <https://www.nimh.nih.gov/health/publications/teen-depression>
- For more information on depression or teen depression visit <http://www.careguides.med.umich.edu> and search "depression".

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