

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:

- National Suicide Prevention Lifeline: call 1-800-273-TALK (8255) Available 24 hours a day/7 days per week
- 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://tinyurl.com/y9vbfmz>
- For more information on depression or teen depression visit <http://www.careguides.med.umich.edu> and search "depression".

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