

**Tip Sheet 2: What are some key things to look for when concerned about possible depression?**

- If you are worried about possible depression in yourself, a friend, or a family member, here are some key things to look for:
  - ✓ Change in mood for over two weeks
  - ✓ Isolation from other people and/or changes in relationships
  - ✓ Not doing things he/she typically likes to do
  - ✓ Change in eating, sleeping habits; lack of energy or feeling tired
  - ✓ Seeming sad, withdrawn, angry, or irritable
  - ✓ Increasing negative self-talk (express worthlessness or hopelessness)
  - ✓ Talking about death or suicide
  - ✓ Picking fights; getting into trouble; using drugs
  - ✓ Difficulties in school or decreased school performance
  - ✓ Difficulty concentrating or making decisions
  
- If you want to find out more information about depression in adolescents, here are some helpful websites:
 

<a href="http://www.yblue.com.au">www.yblue.com.au</a> <a href="http://www.save.org">www.save.org</a> <a href="http://www.bpkids.org">www.bpkids.org</a> <a href="http://www.nmha.org">www.nmha.org</a>	<a href="http://www.experiencejournal.com/depression">www.experiencejournal.com/depression</a> <a href="http://www.nami.org">www.nami.org</a> <a href="http://www.talklisten.org">www.talklisten.org</a> <a href="http://www.familyaware.org">www.familyaware.org</a>
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- If you want to talk to someone in your child's school about anything that is concerning you, here are the people to contact right away (e.g., teachers, coaches, guidance staff, nurse):
 

Name: _____	office number: _____
Name: _____	office number: _____
Name: _____	office number: _____
  
- If you need support or help from others, here are key people to contact:
 

Physician: _____	phone number: _____
Friend: _____	phone number: _____
Mental health provider: _____	phone number: _____
Spiritual leader: _____	phone number: _____
Other: _____	phone number: _____
  
- If you are experiencing a crisis or an emergency, here are the numbers to call:  
 Suicide hotline: 1-800-273-TALK  
 Riverside Community Care Crisis Team: 1-800-529-5077