

**Depression is treatable.
Help prevent teen suicide.
Know the symptoms of depression.**

It's okay to ask for help!

Here's what to look for:

- Feeling sad, empty, or numb.
- Sleeping a lot or having trouble sleeping.
- Feeling tired all the time; repeatedly falling asleep in class.
- Feeling hopeless, helpless, worthless, or guilty.
- Feeling angry or moody, crying easily, chronic worrying, or experiencing panic attacks.
- Avoiding friends; feeling alone even when with friends.
- Loss of interest in things that used to be fun.
- Difficulty concentrating, doing schoolwork, remembering things, or making decisions.
- Eating disturbances, like eating more or less than usual, or throwing up.
- Recurring headaches, backaches, or stomachaches.
- Alcohol or drug use to escape or mask feelings.
- Thinking about, planning, or attempting suicide.

**1-800-SUICIDE (1-800-784-2433)
1-800-273-TALK (1-800-273-8255)
www.teenlineohio.org**

teen symptoms of depression



warning signs of suicide

Talking, reading, or writing about suicide or death.

Talking about feeling worthless or helpless.

Saying things like: "I'm going to kill myself," "I wish I were dead," or "I shouldn't have been born."

Visiting or calling people to say goodbye.

Giving things away; returning borrowed items.

Organizing or cleaning bedroom "for the last time."

Self-destructive behavior like self-cutting.

Obsessed with guns or knives.

Previous suicidal thoughts or attempts.

It's OK to Ask4Help!

Endorsed & Sponsored by Advocates for the Ohio Osteopathic Association

YELLOW RIBBON SUICIDE PREVENTION PROGRAM • 303-429-3530 • www.yellowribbon.org