

How to Get Help for Yourself or a Friend

If you or someone you know is experiencing signs of depression, remember that just like any health-related issue, professional treatment can help you feel better. The first step toward feeling better is asking for help. There are many people available to help you, including health professionals, teachers, school counselors, coaches, parents, and other family.

Take a moment to think about the trusted adults you could turn to for help. Create a resource sheet for yourself including information on how they can be contacted.

Name: _____

Name: _____

In School / Out of School (circle one)

In School / Out of School (circle one)

Relationship: _____

Relationship: _____

Contact Method: _____

Contact Method: _____

Notes: _____

Notes: _____

Name: _____

Name: _____

In School / Out of School (circle one)

In School / Out of School (circle one)

Relationship: _____

Relationship: _____

Contact Method: _____

Contact Method: _____

Notes: _____

Notes: _____

Help is always available. The National Suicide Prevention Lifeline provides 24/7, free and confidential support at 1-800-273-TALK (8255) or text "Hello" to the Crisis Text Line at 741741 to be connected with trained crisis counselors.

Common Concerns

If I tell my parents how I feel, how will they react?

If you feel uncomfortable talking to your parents about depression, there are other people you can talk to who can educate you and your parents about depression. Find an adult you trust- such as a coach, school nurse, teacher, minister, priest or rabbi - and ask them to meet with you and your parents.

Ask one of your best friends to come with you to talk to your parent or guardian. Practice the conversation with your friend first, then you can decide exactly what you want to say. Think about your friends and consider who could help you have this conversation.

Friend's Name: _____ Friend's Name: _____

In School / Out of School (circle one) In School / Out of School (circle one)

Contact Method: _____ Contact Method: _____

Notes: _____ Notes: _____

What is depression treatment really like?

Treatment for depression is very effective for most people

Common types of treatment include counseling or talk therapy, medications, or a combination of both

Counseling or therapy means talking with a trained professional who can help you change the relationships, thoughts, or behaviors that contribute to depression. It is important to find someone you are comfortable talking to

Antidepressant medications are not "uppers" and are not addictive. If your doctor determines that medication will be helpful, you may need to try more than type of medication before you find the one that works best

Whether treatment includes talk therapy, medications, or a combination of both, most depressed people start to feel better in just a few weeks

Help is always available. The National Suicide Prevention Lifeline provides 24/7, free and confidential support at 1-800-273-TALK (8255) or text "HELLO" to the Crisis Text Line at 741741 to be connected with trained crisis counselors.