

## Get Help

You may get help from any of your teachers and the counselors and principals of your high school and at MTEC.

If you or someone you know is in a crisis do not let them be alone.

Anyone can help you

You are not alone

In case of crisis call 911

*National Suicide  
Prevention Life line*

Call 1-800-273-8255

Available 24 hours everyday,  
toll-free confidential help On-line



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# MENTAL HEALTH: TEEN DEPRESSION & SUICIDE

Your mental wellness matters no matter  
what age or gender

" Never give up on  
someone with a  
mental illness. When 'I'  
is replaced with 'We',  
illness becomes  
wellness.

- Shannon L. Alder

# The Facts

Depression may lead to:

- low grades
- missing school
- change in attitude
- relationship problems with family and friends
- social isolation
- emotional pain
- lack of sleep and appetite
- loss of energy
- increased chances of smoking, doing drugs, or drinking
- self harm
- suicidal thoughts



## Statistics

- 1 in 5 children (13-18) have or will develop a serious mental illness
- 11% of youth have a mood disorder
- 8% of youth have an anxiety disorder
- Nearly 80,000 children and young people suffer from severe depression
- 13.8% of high school students said they seriously considered suicide

## Warning Signs

- Unusual drop in grades
- Prolonged negative mood
- frequent outbursts of anger
- outbursts of tears or emotions

## How to Cope

- Accept and acknowledge your feelings
- Handle unusual behavior
- Establish a support network
- Seek counseling

# The Facts

- A mental illness is a disease that causes slight to serious disturbances in thought resulting in an inability to cope with life's ordinary demands and routines.
- Examples of mental illnesses include but isn't limited to: depression, bi-polar disorder, ADHD, anxiety, stress, and suicidal thought.
- Suicide is a permanent solution to a temporary problem

