

SOS: Suicide Prevention Program @ SRHS

We hope that you, and/or your friends, never find yourselves dealing with depression. But, if you do, we also hope that the information provided over the last two class sessions will be helpful to you in getting the help needed to treat the depression. We are providing the information below as a review of the information you have learned. Although we don't expect that you will remember all this information, we hope that we have made you aware of the signs of depression and suicide. **And, if you learn only one thing from our presentation, we hope that you have learned to seek the help of a trusted adult in your life if these kinds of issues arise.**

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| <p>Warning Signs of Depression & Suicide</p> <ul style="list-style-type: none"> • Loss of interest in things they normally enjoy • Verbalization of their wanting or wishing to be dead • Prolonged feelings of emptiness and/or loneliness • Sudden use of Alcohol/Drugs • Tunnel Vision: All or Nothing thinking • Negative turn in academic performance and/or school attendance • Withdrawing from friends and family • Frequent sadness, tearfulness, crying • Ongoing intense feelings of loss • Low self esteem and guilt • Prolonged moodiness and/or hopelessness • Suddenly giving away important or favorite possessions to good friends • Making threats of hurting themselves/others • Extreme sensitivity to rejection or failure • Anger, irritability and humiliation • Social isolation, poor communication • Access to guns and/or misuse of firearms <p>(This is meant as a guide and is not a complete list.)</p> <p>If ever you are not sure if a behavior might be of concern, please discuss the situation with a trusted adult. (Counselor, Teacher, Parent, Relatives, Clergy, Coach)</p> | <p style="text-align: center;">What should you do if you or a friend shows signs of depression?</p> <p style="text-align: center;">“Do” Messages</p> <p>Do...remember that depression is a serious illness that requires help from a mental health professional.</p> <p>Do.... A.C.T A = Acknowledge the issue C = Care & Listen T = Tell a trusted adult</p> <p>Do ...remember that <u>depression is highly treatable</u>.</p> <p>Do ... help your friend and/or yourself get the help they need by telling a trusted and responsible adult in your life.</p> <p>Do....discuss this information about warning signs with your parents/guardians.</p> <p style="text-align: center;">“Don’t” Messages</p> <p>Don’tdownplay the seriousness of the issue</p> <p>Don’t ...be sworn to secrecy</p> <p>Don’t ...expect that your friend can stop feeling this way without some professional help.</p> <p>Don’t ...leave the person alone if you can avoid it, or at least schedule a time to help them get help.</p> <p>Don’t ...assume threats are just a way of blowing off steam.</p> <p>Don’t ...misinterpret their behavior as just an “attitude” problem.</p> |
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Suicide & Depression Hotline Numbers:

Suicide Prevention Hotline: 1-800-273-TALK (8255) *(A national phone hotline that will link you to local resources)*

Value Options : 1-877-652-7624 *(In home counseling, review and recommendations)*

PESS – Ocean County Based: Psychiatric Emergency Screening Services: 1-732-886-4474
(24 hr. service to evaluate and treat children & adults in crisis)

Ocean Mental Health Services: 609-597-5327 *(Counseling Referrals and services)*

Harbor House: 732-929-0660 *(A temporary residential facility for teens displaced from their home.)*

DYFS – NJ Division of Family Services: 1-800-792-8610 *(A service provided to protect children)*

Also check out our school's website @ <http://www.srsd.net/highschool/departments/guidance/crisis.asp>