

Signs of Possible Depression

	Not At All	Sometimes	Frequently	Most of the Time
Feelings				
Sadness	0	1	2	3
Emptiness	0	1	2	3
Hopelessness	0	1	2	3
Guilt	0	1	2	3
Worthlessness	0	1	2	3
Not enjoying everyday pleasures	0	1	2	3
Thinking				
Problems concentrating	0	1	2	3
Problems making decisions	0	1	2	3
Problems completing schoolwork	0	1	2	3
Problems maintaining grades	0	1	2	3
Physical				
Headaches	0	1	2	3
Stomachaches	0	1	2	3
Joint or Backaches	0	1	2	3
Sleeping Problems	0	1	2	3
Weight or Appetite Changes (gain or loss)	0	1	2	3
Behavior				
Restless	0	1	2	3
Irritable	0	1	2	3
Not wanting to go to school	0	1	2	3
Wanting to be alone most of the time	0	1	2	3
Difficulty getting along with others	0	1	2	3
Cutting classes or skipping school	0	1	2	3
Dropping out of sports, hobbies/activities	0	1	2	3
Drinking or using drugs	0	1	2	3
Suicide				
Suicidal thoughts	0	1	2	3
Spend time thinking about a suicide plan	0	1	2	3
Recurrent thoughts of death	0	1	2	3

Find the Hope

<u>PROBLEM</u>	<u>HONEST THOUGHTS</u>	<u>EMOTIONS</u>
	<u>REFRAMED THOUGHTS</u>	<u>EMOTIONS</u>

Practice positive thinking habits

- Find the hope
- Affirmations
- Challenge difficult thoughts

Other help for depression

- Medication and Counseling
- Create GOOD in your life
- Enjoyable Activities
- Seek support from family/friends
- Help support someone else



Family Support
& TREATMENT CENTER
home of hope and healing

CRISIS NURSERY • THERAPY • PREVENTION
www.utahvalleyfamilysupport.org

Community Resources

Utah County Crisis Line: **801-691-LIFE (801-692-5433)**

Family Support & Treatment Center: **801-229-1181**

Suicide.org

National Suicide Hotline **1-800-273-TALK**

American Foundation for Suicide Prevention **afsp.org**

Hope 4 Utah **hope4utah.org**

Text **START** to **741741**

SafeUT app

Warning Signs

- Talk or Jokes about Suicide
- Preoccupation with death (talking or writing a lot about death)
- Seeking out things that could be used in a suicidal attempt
- Statements about being hopeless or worthless
- Decline in school performance
- Final sounding goodbye or thank you notes
- Cleaning out locker, giving away stuff
- Personality Changes (outgoing to withdrawn, well –behaved to rebellious, or extremely depressed to a sudden sense of calm/happiness)
- Self Harm – cutting, burning, eating disorders, non-accidental activities

How to Help

The first step is to find out whether the person is in danger of acting on suicidal feelings. Show that you care and listen! Don't try to "fix" the problem. Be sensitive, but ask direct questions, such as:

- You haven't seemed yourself, how are you?
- Has something happened to cause you to feel this way?
- How are you coping with what's been happening in your life?
- Do you ever feel like just giving up?
- Are you thinking about hurting yourself, dying or suicide?
- Have you ever thought about harming yourself before?
- Have you thought about how or when you'd do it?
- Do you have access to things that can be used to harm yourself?
- How can I support you?

Asking about suicidal thoughts or feelings won't push someone into doing something self-destructive. In fact, offering an opportunity to talk about feelings may reduce the risk of acting on suicidal feelings. Let them know your concern, your willingness to help, and that they're not alone.

Talk to someone and get a professional involved as soon as possible!

