



Teen Depression

Depression Risks

Untreated depression is an intense feeling of sadness, hopelessness, anger or frustration that is long lasting; such as for weeks, months, or longer.

- Big transitions in life
- Stress, or changes in the body's chemicals that affect thoughts and mood
- Hereditary

Ways to Help

- Family support
- Peer support
- Daily exercise
- Good sleep habits
- Spending time outside in nature and in the sun
- Eating healthy foods.
- Utilizing relaxation techniques

Listen to the threats

- **Threats:** Children and adolescents who are depressed may say they want to be dead or may talk about suicide.
- **Alcohol Drug abuse:** Depressed adolescents may abuse alcohol or other drugs as a way of trying to feel better.
- **Behavior:** Teens who are acting out at home or school may be suffering from depression.

Signs and Symptoms

Seek help if these symptoms last more than 2 weeks:

- Sadness, emptiness, hopelessness
- Angry, cranky, or frustrated, even at minor things
- Uninterested in activities they used to enjoy
- Change in appetite or weight
- Trouble falling asleep or staying asleep, or sleep much more than usual
- Feeling worthless or very guilty
- Have trouble concentrating, remembering information, or making decisions
- Social isolation, poor communication, or difficulty with relationships
- Extremely sensitive to rejection or failure
- Thoughts about dying or suicide, or attempting suicide

8% of children and adolescents suffer from depression at any given point in time.

Protect your teen from the risks of Guns:

- Store guns unloaded, uncocked and locked in a gun safe or lock box. Only parents should know where the gun is kept.
- Store and lock bullets in a separate place from the guns.
- Avoid devices that use keys--teens often know where they are.
- When your teen goes to a friend's home, ask if there is a gun in the home and how it's stored.
- Talk about the risk of guns.

Lewis and Clark County Mental Health Resource Guide

CRISIS PREVENTION:

- **National Suicide Prevention Lifeline:**
 - **1-800-273-TALK (8255)**
- **Montana Suicide Support Group:** 406-543-2890
- **Crisis Text Line:** Text 741-741 to text with a Crisis Counselor
- **Law Enforcement/ EMS:** 911 (ask for a CIT officer)
- **Emergency Room:** 406-585-1000
- **Montana 211 (information for nearby services):**
 - Dial 211 or 549-5555
- **Montana Warm Line (general mental health support line):** 877-688-3377
- **Mental Health America of Montana:** 877-927-6642
- **State Mental Health Ombudsman:** 888-444-9669
- **Montana Child and Family Ombudsman:** 844-252-4453
- **Substance Abuse & Mental Health Services Administration:** 877-726-4727

COUNSELING AND PSYCHIATRIC ASSISTANCE:

- **AWARE Inc. (Mental Health Service):** 406-449-3120
- **Center for Mental Health:** 406-443-7151
- **Western Montana Mental Health Center:** 406-782-5191
- **Intermountain (mental health services for children and families):** 406-442-7920
- **Infinite Hope Counseling:** 406-980-0672
- **Montana Counseling Center:** 406-442-2914
- **Custer Avenue Counseling (Helena, MT):** 406-513-1138
- **Montana Mental Health Services Plan:** 406-444-9330

MENTAL HEALTH INFORMATION:

- **NAMI Montana (support, education and advocacy):**
 - **Montana Office:** 406-443-7871
 - **Helena Office:** 406-458-9738
- **Mental Health America of Montana:** 406-587-7774
- **Montana Peer Network:** 406-551-1058
- **Montana Children's Mental Health Bureau:**
 - 406-444-4545
- **Montana Mental Health Services Plan:** 406-444-3055
- **Girls and Boys Town National Hotline:** 800-448-3000
- **Northern Montana Child Development Center:**
 - 406-265-5810
- **State Mental Health Services Bureau:** 888-866-0328

LEGAL ASSISTANCE:

- **Police Department (non-emergency):** 406-442-3233
- **Montana Legal Services:** 406-442-9830
- **Child and Family Services (child abuse):**
 - 406-444-2030
- **Child Abuse Hotline:** 1-866-820-5437
- **Child Abuse Hotline (TTY-Hearing Impaired):**
 - 1-866-341-8811
- **Child Support Enforcement Division (DPHHS):**
 - 406-329-7010
- **Family Support Network:** 877-376-4850

HEALTH COVERAGE:

- **Healthy Montana Kids Health Coverage:**
 - 406-329-1200 or 1-877-543-7669
- **Montana Mental Health Services Plan:** 406-444-9330
- **Healthy Montana Kids (MT CHIP) Eligibility Hotline:**
 - 888-706-1535
- **MSU Human Development Clinic (Low-Cost Outpatient Adults, Children, Couples and Families):**
 - 406-944-4113
- **Addiction Treatment Help Line:** 877-887-5016
- **Alcoholics Anonymous:** 888-607-2000
- **State Addictive & Mental Disorders Information Line:**
 - 888-866-0328
- **Drug Abuse and Rehabilitation and Treatment Information:** 866-872-6790
- **Helena Indian Alliance:** 406-442-9244
- **St. Peter's Community Hospital:** 406-442-2480
- **Shriners for Children:** 406-442-5305