



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.

Silver Bow 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
- **Montana Children's Mental Health Bureau:**
 - 406-444-4545 or 888-866-0328
- **Law Enforcement/ EMS:** 911 (ask for a CIT officer)
- **Montana 211 (information for nearby services):**
 - Dial 211 or 549-5555
- **Help Center (24 Hour Crisis Line and Suicide Outreach):**
 - 406-586-3333
- **Safe Space, Inc. 24 Hour Crisis Line:** 406-728-8511 or
○ 877-355-8511
- **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:

- **New Hope Counseling LLC:** 406-491-5033
- **Western Montana Mental Health Center:**
 - Butte Children's Services: 406-723-1690
- **Montana Counseling Center:** 406-728-5233
- **Pact Team (Mental Health Services):** 406- 723-2399
- **A.W.A.R.E, Inc. (Adult & Children's Case Management and Psychiatric Services):** 406-728-2042
- **School Based Service (CSCT):** 406-693-7620
- **Adolescent Group Homes:**
 - Ottawa: 406-494-1772
 - Whiteway: 406-494-1770
 - Renz: 406-728-1759
- **Youth Dynamics (Families whose youth may be dealing with emotional or behavioral issues):**
 - Central Office: 406-245-6539
 - Crisis Line available 24/7: 1-800-406-7170

- **A Better Life Therapeutic Services, P.C.:** 406-565-2709
- **Life Management Associates LLC:** 406-782-4778
- **Michelle Miller, PhD, LCPC, LCSW:** 406-560-6600
- **Shodair (Psychiatric Inpatient Care):** 406-444-7500
- **Stephanie Reichhardt, MSW, LCSW:** 406-491-1439

MENTAL HEALTH INFORMATION:

- **NAMI Montana (support, education and advocacy):**
National Headquarters: 800-950-6264
- **Healthy Montana Kids Health Coverage:** 406-329-
 - 1200 or 1-877-543-7669
- **Montana Mental Health Services Plan:** 406-444-9330
- **Girls and Boys Town National Hotline:** 800-448-3000
- **Parents, Let's Unite for Kids (PLUK):** 406-255-0540/
 - 800-222-7585

LEGAL ASSISTANCE:

- **Police Department (non-emergency):** 406-497-1120
- **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
- **Child and Family Services (child abuse):**
 - 406-496-4950

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
- **Addiction Treatment Help Line:** 877-887-5016
- **Alcoholics Anonymous:** 888-607-2000
- **State Addictive & Mental Disorders Information Line:**
 - 888-866-0328
- **Butte-Silver Bow Health Department:** 406-497-5020
- **Rocky Mountain Clinic:** 406-496-3600
- **Southwest Montana Community Health Center:**
 - 406-723-4075