

# 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.

# Yellowstone 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)
- **Billings Helpline Mental Health Center:** 406-252-5658
- **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:

- **Billings Clinic – Behavioral Health:** 406-238-2500
- **Montana Psychiatry:** 406-839-2985
- **Mental Health Center:** 406-252-5658 or
  - 1-800-266-7198
- **Full Circle (Mental health, developmental and autism support services for children, adults, and families):**
  - 406-545-0504
- **AWARE Inc. (Adult & Children's Case Management and Psychiatric Services):** 406-656-0928
- **Yellowstone Boys and Girls Ranch (services for at-risk youth):** 406-245-2751
- **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
- **Big Sky Psychiatric Service:** 406-294-5225
- **Open Door Counseling (Mental Health Services):**
  - 406-860-6411

## MENTAL HEALTH INFORMATION:

- **NAMI Montana (support, education and advocacy):**
  - **Billings Affiliate:** 406-256-2001
  - **Montana Office:** 406-443-7871
- **Mental Health America of Montana:** 406-587-7774
- **Montana Mental Health Services Plan:** 406-444-9330
- **Parents, Let's Unite for Kids (PLUK):** 406-255-0540/
  - 800-222-7585
- **Tumbleweed Runaway Program (service for runaway, homeless, and at-risk-youth and families):**
  - 406-259-2558 or 888-816-4702
- **Girls and Boys Town National Hotline:** 800-448-3000

## LEGAL ASSISTANCE:

- **Police Department (non-emergency):** 406-657-8460
- **Montana Legal Services:** 800-666-6861
- **Family Support Network:** 406-256-7783/
  - 877-376-4850
- **Child and Family Services:** 406-657-3120
- **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

## HEALTH COVERAGE:

- **Billings Clinic:** 406-238-2500 or 800-332-7156
- **Rimrock Foundation (Addiction Treatment):**
  - 406-255-8550
- **Healthy Montana Kids Health Coverage:**
  - 406-329-1200 or 1-877-543-7669
- **Addiction Treatment Help Line:** 877-887-5016
- **Alcoholics Anonymous:** 888-607-2000
- **Drug Abuse and Rehabilitation and Treatment Information:** 866-872-6790
- **State Addictive & Mental Disorders Information Line:**
  - 888-866-0328