**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

**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

**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

**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.

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

10/2016
Cascade 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
- Crisis Intervention Team: 406-582-2100
- The Help Center: 406-586-3333
- 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
- Help Center (24 Hour Crisis Line and Suicide Outreach):
  - 406-586-3333
- Montana Warm Line (general mental health support line): 877-688-3377
- Mental Health America of Montana: 406-587-7774
- State Mental Health Ombudsman: 888-444-9669
- Montana Children’s Mental Health Bureau: 406-444-4545
- Montana Children’s Mental Health Bureau: 406-444-9330
- Montana Mental Health Services Plan: 406-444-9330
- Girls and Boys Town National Hotline: 800-448-3000
- Montana Warm Line (general mental health support line): 877-688-3377
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**MENTAL HEALTH INFORMATION:**
- NAMI Montana (support, education and advocacy):
  - Montana Office: 406-443-7871
- Mental Health America of Montana: 406-587-7774
- Montana Peer Network: 406-551-1058
- Healthy Montana Kids Health Coverage:
  - 406-446-1302 or 1-877-543-7669
- Montana Children’s Mental Health Bureau: 406-444-4545
- Montana Mental Health Services Plan: 406-444-9330
- Girls and Boys Town National Hotline: 800-448-3000
- State Mental Health Services Bureau: 888-866-0328
- Mental Health Professionals (24 hour crisis line):
  - 800-273-8255

**LEGAL ASSISTANCE:**
- Police Department (non-emergency): 406-771-1180
- Child and Family Services (child abuse):
  - 406-727-7746
- 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

**COUNSELING AND PSYCHIATRIC ASSISTANCE:**
  - 406-563-8117
- Intermountain Child and Adolescent Psychiatry Clinic:
  - 406-443-2977
- Benefits Addiction Medicine Center: 406-455-2367
- Hi-Line Recovery Inc. (Conrad): 406-278-5245
- Rocky Mountain Treatment Center: 406-727-8832
- One on One Center: 406-761-9107
- Shodair Children’s Hospital (inpatient and Acute care):
  - 406-444-7500
- Gateway Recover Center: 406-727-2512
- Center for Mental Health: 406-761-2100
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  - 406-329-7010
- Family Support Network: 877-376-4850

**HEALTH COVERAGE:**
- 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
- Community Health Center: 406-454-6950
- Indian Family Health Clinic: 406-268-1510
- Benefits Healthcare: 406-455-5000
- Montana Mental Health Services Plan: 406-444-9330

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