**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.
Flathead 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: 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:

- Youth Dynamics (Families whose youth may be dealing with emotional or behavioral issues):
  - Crisis Line available 24/7: 1-800-406-7170
  - 406-751-8017
- Western Montana Health Center: 406-257-1336
- Sinopah House (youth residential and crisis services):
  - 406-257-5194
- Safe House (Crisis Intervention and Emergency Services): 406-755-5440
- Still water Therapeutic Services (Children’s Outpatient Treatment Center): 406-752-6100

MENTAL HEALTH INFORMATION:

- NAMI Montana (support, education and advocacy):
  - 406-443-7871
  - National Headquarters: 800-950-6264
- 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): 406-892-3234
- Family Support Network: 406-256-7783/
  - 877-376-4850
- Child and Family Services, Flathead County:
  - 406-751-5950
- 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:

- 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
- Flathead Community Health Center:
  - 406-751-8113
- Addiction Treatment Help Line: 877-887-5016
- Alcoholics Anonymous: 888-607-2000
- State Addictive & Mental Disorders Information Line:
  - 888-866-0328

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