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

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.

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

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

10/2016
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):
  - Central Office: 406-245-6539
  - Crisis Line available 24/7: 1-800-406-7170
- Western Montana Health Center:
  - Ronan Office: 406-532-9170
  - Polson Office: 406-883-4061
- Indian Health Services: 406-745-3525
- Sunburst Mental Health Service: 406-883-4061
- Montana Family Wrap Around (Children & Family Mental Health): 406-599-5776
- The Nurturing Center: 406-756-1414
- Safe Harbor (Crime Victim Advocate): 406-676-0800

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
- Girls and Boys Town National Hotline: 800-448-3000

Legal Assistance:
- Police Department (non-emergency):
  - Polson: 406-883-7301
  - Ronan: 406-883-7301
  - St. Ignatius: 406-745-3881
- Family Support Network: 406-256-7783/
  - 877-376-4850
- Child and Family Services:
  - 406-883-3828
- 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:
- Mission Mountain Medicine: 406-745-2781
- Lake County Health Department: 406-883-7288
- Indian Health Services: 406-745-3525
- Healthy Montana Kids (MT CHIP) Eligibility Hotline:
  - 887-543-7669
- Addiction Treatment Help Line: 877-887-5016
- Alcoholics Anonymous: 888-607-2000
- State Addictive & Mental Disorders Information Line:
  - 888-866-0328

This publication is made possible in part by the AAP Friends of Children Healthy People 2020 grant program.