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

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.

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
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
- 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
- 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:

- AWARE Inc. (Mental Health Service): 406-449-3120
- Center for Mental Health: 406-443-7151
- Western Montana Mental Health Center: 406-782-5191
- Intermountain (mental health services for children and families): 406-442-7920
- Infinite Hope Counseling: 406-980-0672
- Montana Counseling Center: 406-442-2914
- Custer Avenue Counseling (Helena, MT): 406-513-1138
- Montana Mental Health Services Plan: 406-444-9330

MENTAL HEALTH INFORMATION:

- NAMI Montana (support, education and advocacy):
  - Montana Office: 406-443-7871
  - Helena Office: 406-458-9738
- Mental Health America of Montana: 406-587-7774
- Montana Peer Network: 406-551-1058
- Montana Children’s Mental Health Bureau:
  - 406-444-4545
- Montana Mental Health Services Plan: 406-444-3055
- Girls and Boys Town National Hotline: 800-448-3000
- Northern Montana Child Development Center:
  - 406-265-5810
- State Mental Health Services Bureau: 888-866-0328

LEGAL ASSISTANCE:

- Police Department (non-emergency): 406-442-3233
- Montana Legal Services: 406-442-9830
- Child and Family Services (child abuse):
  - 406-444-2030
- 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

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
- MSU Human Development Clinic (Low-Cost Outpatient Adults, Children, Couples and Families):
  - 406-944-4113
- Addiction Treatment Help Line: 877-887-5016
- Alcoholics Anonymous: 888-607-2000
- State Addictive & Mental Disorders Information Line:
  - 888-866-0328
- Drug Abuse and Rehabilitation and Treatment Information: 866-872-6790
- Helena Indian Alliance: 406-442-9244
- St. Peter’s Community Hospital: 406-442-2480
- Shriner’s for Children: 406-442-5305

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