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.
Silver Bow 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)
- Montana 211 (information for nearby services): 406-444-9669
- Montana 211 (information for nearby services): 406-444-4545 or 888-866-0328
- Help Center (24 Hour Crisis Line and Suicide Outreach): 406-586-3333
- Safe Space, Inc. 24 Hour Crisis Line: 406-728-8511 or 877-355-8511
- 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:
- New Hope Counseling LLC: 406-491-5033
- Western Montana Mental Health Center: 406-728-5233
- Pact Team (Mental Health Services): 406-723-2399
- School Based Service (CSCT): 406-693-7620
- Adolescent Group Homes:
  - Ottawa: 406-494-1772
  - Whiteway: 406-494-1770
  - Renz: 406-728-1759
- 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
- A Better Life Therapeutic Services, P.C.: 406-565-2709
- Life Management Associates LLC: 406-782-4778
- Michelle Miller, PhD, LCPC, LCSW: 406-560-6600
- Shodair (Psychiatric Inpatient Care): 406-444-7500
- Stephanie Reichhardt, MSW, LCSW: 406-491-1439

MENTAL HEALTH INFORMATION:
- NAMI Montana (support, education and advocacy):
  - National Headquarters: 800-950-6264
- Montana Mental Health Services Plan: 406-444-9330
- Girls and Boys Town National Hotline: 800-448-3000
- Parents, Let’s Unite for Kids (PLUK): 406-255-0540/800-222-7585

LEGAL ASSISTANCE:
- Police Department (non-emergency): 406-497-1120
- Child Abuse Hotline: 1-866-820-5437
- Child Abuse Hotline (TTY-Hearing Impaired): 1-866-341-8811
- Child Support Enforcement Division (DPHHS): 406-529-7010
- Child and Family Services (child abuse): 406-496-4950

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
- Butte-Silver Bow Health Department: 406-497-5020
- Rocky Mountain Clinic: 406-496-3600
- Southwest Montana Community Health Center: 406-723-4075

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