Get Help

You may get help from any of your teachers and the counselors and principals of your high school and at MTEC.

If you or someone you know is in a crisis do not let them be alone.

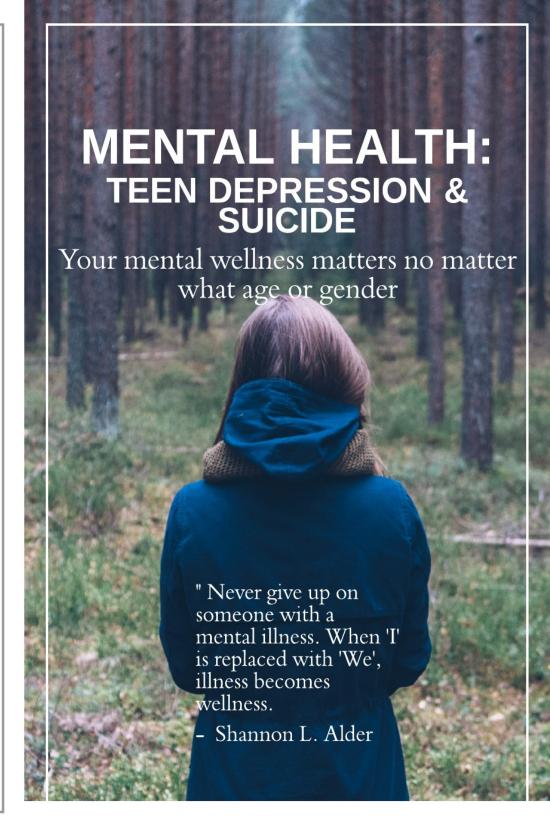
Anyone can help you
You are not alone
In case of crisis call 911
National Suicide
Prevention Life line

Call 1-800-273-8255

Available 24 hours everyday, toll-free confidential help On-line



Skylar Pechart Andrew Sivak Breanna Shaffer



The Facts

Depression may lead to:

- low grades
- · missing school
- change in attitude
- relationship problems with family and friends
- social isolation
- emotional pain
- lack of sleep and appetite
- loss of energy
- increased chances of smoking, doing drugs, or drinking
- self harm
- · suicidal thoughts





Statistics

- 1 in 5 children
 (13-18) have or will
 develop a serious
 mental illness
- 11% of youth have a mood disorder
- 8% of youth have an anxiety disorder
 - Nearly 80,000
 children and
 young people
 suffer from severe
 depression
 13.8% of high
 school students
 said they seriously
 considered
 suicide

Warning Signs

- Unusual drop in grades
- Prolonged negative mood
- frequent outbursts of anger
- outbursts of tears or emotions

How to Cope

- Accept and acknowledge your feelings
- Handle unusual behavior
- Establish a support network
- Seek counseling

The Facts

- A mental illness is a disease that causes slight to serious disturbances in thought resulting in an inability to cope with life's ordinary demands and routines.
- Examples of mental illnesses include but isn't limited to: depression, bi-polar disorder, ADHD, anxiety, stress, and suicidal thought.
- Suicide is a permanent solution to a temporary problem

