

# Know where to get help.

## Need help now?

If you're having thoughts of suicide or self-harm:

- Call **1-800-273-TALK (8255)**, a 24-hour crisis hotline. A trained professional will help you get connected to a mental health provider in your area.
- You can also dial **911** or go to the nearest emergency room.
- The Trevor Project offers a 24-hour toll-free confidential crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth. Call **1-866-488-7386**.
- The National Alliance on Mental Illness has an information and referral line to help you find resources like support groups, psychologists, and psychiatric hospitals. Call **1-800-950-6264\***; Monday – Friday, 10 a.m. – 6 p.m. EST.

For information about depression, suicide and mental health resources, we suggest:

**Grant Halliburton Foundation**

[www.GrantHalliburton.org](http://www.GrantHalliburton.org)

**Depression and Bipolar Support Alliance**

[www.dbsalliance.org](http://www.dbsalliance.org)  
(800) 826-3632

**National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)  
(866) 615-6464\*

**National Alliance on Mental Illness**

[www.nami.org](http://www.nami.org)  
(800) 950-6264\*

**Mental Health America**

[www.nmha.org](http://www.nmha.org)

**Depression Screening**

[www.depression-screening.org](http://www.depression-screening.org)

**ULifeline**

Online resource for college mental health  
[www.ulifeline.org](http://www.ulifeline.org)

*\*Spanish available*

# This is what depression looks like.



# You can only see it if you know what to look for.



**GRANT HALLIBURTON**  
FOUNDATION

800 E. Campbell Road, Suite 290 Richardson, Texas 75081 972.744.9798  
[www.GrantHalliburton.org](http://www.GrantHalliburton.org)

# Know what to look for.

It's normal for teens and young adults to feel down or moody sometimes. But when those feelings last for weeks, it could mean that something more serious is going on. Depression is very common—in fact, it affects nearly 2 million young people.

## It helps to know the signs:

- You feel sad or cry a lot and it doesn't go away.
- You feel guilty for no real reason; you feel like you're no good; you've lost your confidence.
- Life seems meaningless or like nothing good is ever going to happen again.
- You have a negative attitude a lot of the time, or it seems like you have no feelings.
- You don't feel like doing a lot of the things you used to enjoy—like music, sports, being with friends, going out—and you want to be left alone most of the time.
- It's hard to make up your mind. You forget lots of things, and it's hard to concentrate.
- You get irritated often. Little things make you lose your temper; you overreact.
- Your sleep pattern changes; you sleep a lot more or a lot less than you used to.
- Your eating habits change; you've lost your appetite or you eat a lot more.
- You're using drugs or alcohol to cope.
- You start having aches or pains that won't go away.
- You feel restless and tired most of the time.
- You think about death or feel like you're dying; you have thoughts about suicide.

Sometimes people get depressed after something like a divorce in the family, someone dying, a messed-up home life, or breaking up with a boyfriend or girlfriend. It's important to get treatment for depression before it leads to other problems, like trouble with alcohol, drugs, or sex; trouble with school or bad grades; or trouble with family or friends.

# Know what to do.

Depression is a serious but treatable condition. If you are a teen or young adult and think that you may be suffering from depression, here is what you can do:

- 1 **Learn about depression.** Know that you can feel better.
- 2 **Get help.** Don't wait to see if depression will get better.
- 3 **Find an adult** who will listen and help you get treatment.
- 4 **See a doctor** who can check for physical illnesses that cause some of the symptoms of depression.
- 5 **Understand the treatment.** What works best in most cases is medication or therapy, or both. Therapy can help you find better ways to solve problems and change negative thoughts.
- 6 **Stick with the plan.** Don't miss therapy sessions and don't stop taking medications without talking to your doctor.
- 7 **Stay healthy.** Eat right, exercise, and get enough sleep.
- 8 **Get involved** in positive activities.
- 9 **Keep a journal** about how you feel to help determine triggers and effective treatments for your depression.
- 10 **Tell someone** if you feel suicidal. Call one of the numbers on the back of this card immediately.