



Important information about  
Stress,  
Depression &  
Suicide.

*The years between  
childhood and adulthood  
can be a time of great possibility.*

*They can also be a period of  
confusion and anxiety.*

*Young teens are not  
always  
emotionally ready to  
handle the responsibility  
that comes with the  
decisions and choices  
they make.*

*Physically, some young teens are adult size.  
Emotionally they are **children**.*

*Many kids feel bombarded by all the physical,  
social and emotional changes.*

**THEY CAN FEEL SCARED, CONFUSED  
AND VERY LONELY.**

*It's hard for parents to understand that their young adolescents **will not always** come to them in times of need.*

*It is important for  
parents to remind their  
kids that there are  
**MANY** adults they can  
turn to.*

*There is always help.*

We are not afraid to talk about physical illnesses: diabetes, asthma, cancer etc.

*If we have a physical illness, we get whatever help is needed for ourselves and our loved ones.*

*Emotional illnesses can effect anyone at anytime. But...*

*.....if adults are afraid or hesitant to talk about emotional illnesses and they are embarrassed to get help, kids will get the message that they should not talk about these illnesses either.*



# **When Should Adults Be Concerned?**

**Signs & Symptoms of Stress,  
Depression and Suicide**

# *STRESS*

It's normal.

It can be healthy and motivating.

*BUT TOO MUCH CAN BECOME A PROBLEM.*

STRESS CAN SNEAK UP AND YOU MIGHT NOT REALIZE ITS EFFECTS UNTIL YOU HAVE PHYSICAL OR EMOTIONAL SYMPTOMS.

# ***SYMPTOMS OF STRESS***

- Changes in sleep patterns***
- Changes in eating patterns***
- Increase in frustration, irritability, anger, disorganization***
- Increase in headaches, stomach aches, muscles aches and tightness***
- Overwhelming feeling of pressure***
- Difficulty getting things done***

# DEPRESSION

MANY FACTORS CAN CAUSE US TO FEEL DEPRESSED:

**Illness, anxiety, stress, poor nutrition, personal loss or relationship difficulties.**

People can experience behavioral, emotional and/or physical changes due to depression.

# ***SYMPTOMS OF DEPRESSION***

- CHANGES IN WEIGHT OR APPETITE***
- CHANGES IN SLEEP PATTERNS***
- FATIGUE OR LOSS OF ENERGY***
- DIFFICULTY CONCENTRATING***
- AGITATION OR UNSUALLY SLOW SPEECH OR MOVEMENT***
- FEELINGS OF WORTHLESSNESS, HOPELESSNESS OR GUILT***
- RECURRENT THOUGHTS OF DEATH***

*If your teen expresses symptoms of ongoing stress or depression, schedule an appointment with a mental health professional.*

***Keep the appointment**  
even if your child says he/she is  
feeling better.*

*If your child refuses to go a  
counselor, **go yourself.***

*It might help you learn strategies  
to help your child cope or to get  
them to accept help.*

# SUICIDE

**Suicide is not a normal response to stress.**

*It is often a combination of adverse life events and mental health disorders.*

**Attention to warning signs is crucial to saving a life.**



# ***WARNING SIGNS OF SUICIDE***

**Talking or writing about hurting oneself**

**Mood changes, increased anxiety, anger, or disturbed sleep**

**Reckless, risky or self destructive behavior**

**Withdrawal from friends, family, and previously enjoyed activities**

**Expressing feelings of disconnection and isolation**

# WARNING SIGNS OF SUICIDE

**Giving away prized possessions**

**Physical or sexual abuse**

**Unresolved gender identity issues**

**Feelings of hopelessness or being  
trapped, like there is no way out**

**Family history of depression or  
suicide**

# WHAT SHOULD PARENTS DO?

**If your child expresses any warning signs of suicide:**

- **Take them seriously. Don't judge them.**
- **Don't be afraid to ask, "Are you thinking of killing yourself?" "Are you saying you don't want to live anymore?"**
- **They are looking for attention and they need it immediately!**

**GET THEM HELP!**  
**Don't leave them alone.**

# RESOURCES

Here are phone numbers in Orange County, NY that can connect you with help, support and direction:

- **Helpline 1-800-832-1200** 24/7 intervention, support and referrals
- **DIAL 2-1-1** It is a free, confidential, multi-lingual, health and human services, information and referral telephone service.
- **Mobile Mental Health Team 1-888-750-2266** Provides help to families and individuals experiencing an emotional or situational crisis. The MMHT is available for phone or outreach support 24/7.
- **National Suicide Prevention Lifeline 1-800-273-TALK**

Local hospital that provide crisis evaluations and ER services:

**Orange Regional Medical Center 845-333-1626**

Mental Health Clinics:

**Child and Family Clinic 845-568-5260**

**Occupations, Inc. 1-888-750-2266**

# *WHAT EVERY CHILD NEEDS*

**Keep an eye your child. Be aware.**

**Keep lines of communication open.**

**Express your love, support & concern **often!****

**Take your child's concerns seriously.**

**Let your child know that **it is always ok for them to reach out to a trusted adult besides you.****

# *Top 10 ways to help your child:*

- 10. Make sure they are in school *everyday!***
- 9. Encourage them to be friendly and *respect others.***
- 8. *Listen* to what they say.**
- 7. *Pay attention* to who their friends are and where they are.**
- 6. Set aside *HOMework TIME!***

# *Top 10 ways to help your child:*

- 5. Tell them to always try their best, and then...accept their best.**
- 4. Help them get involved in a school activity.**
- 3. Understand that there are going to be times when they struggle.  
You can't fix everything!!**
- 2. Don't ever be afraid to ask for help. There's no "parent manual".**
- 1. DON'T EVER LET GO!  
YOUR CHILD NEEDS YOU!**

# CCMS

If you have questions or concerns,  
please call the  
CCMS Counseling Center.



**534-8009**

**Ext. 4021**