



It is important to help students identify signs of depression, self injury and suicide in themselves and others and to be able to respond effectively. As parents/guardians there are things you can do to help.

**LPS utilizes the SOS (Signs of Suicide) Program in the middle and high schools.*

Know When It's Time to ACT

Your role as a parent is to watch for warning signs and seek help. Don't try to diagnose the problem on your own. Left untreated depression can lead to other serious problems including drug and alcohol use, relationship problems, academic trouble and even suicide.

Acknowledge: Acknowledge that you are seeing signs of depression, self-injury, or suicide in your child and that it is serious.

Care: Let your child know that you care about him or her and that you are concerned that he or she needs help that you cannot provide.

Tell: Don't try to diagnose the problem on your own. If you're unsure, tell a trained professional that you are concerned about your child. (Such as a school administrator, social worker, counselor, psychologist, family doctor, clergy person, or law enforcement)



Recognizing Depression...What to Look For

Signs and Symptoms of Depression:

- Depressed mood (can be sad, down, grouchy or irritable)
- Change in sleeping patterns, weight, and/or appetite
- Avoiding family or friends
- Feelings of worthlessness and/or hopelessness
- A decline in grades
- Constant worry about body image
- Struggling to complete simple tasks
- Drug and/or alcohol use or abuse
- Not taking care of physical health or personal cleanliness
- Thoughts of death, suicide, or wishes to be dead
- Moodiness is common in adolescents, but if it lasts for more than two weeks it might be more than "the blues."

Resiliency

Resiliency is the ability to cope with stress and adversity. It is an important part of healthy development. Resiliency builds self esteem in children and helps protect them against life's everyday challenges. Nurture resiliency in your child by:

- Focusing on their strengths and skills
- Letting them know you are there for support
- Fostering positive relationships with family and friends
- Modeling your ability to cope under stressful conditions

Community Resources

National Suicide Prevention Lifeline: 1-800-273-8255

Boys Town National Hotline: 1-800-448-3000

Police non-emergency: 402-441-6000

Nebraska Family Help Line: 1-888-866-8660