

ANXIETY & DEPRESSION: signs

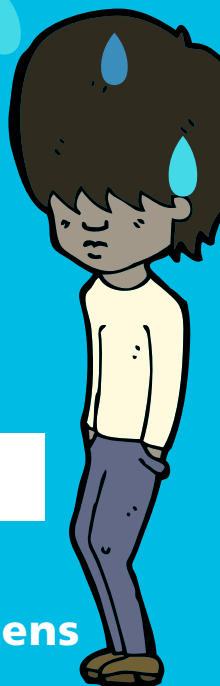


lasting, worsening or sudden changes

- INSOMNIA OR EXCESSIVE SLEEPING
- FREQUENT ANGER OR IRRITABILITY
- SIGNIFICANT MOOD SWINGS OR CHANGES
- EXPRESSING FEELINGS OF WORTHLESSNESS
- FREQUENT SADNESS OR CRYING
- WITHDRAWING FROM FRIENDS AND ACTIVITIES
- LOSS OF ENERGY
- EXCESSIVE WORRY
- DIFFICULTY CONCENTRATING
- UNEXPLAINED PHYSICAL SYMPTOMS (E.G., HEADACHES, STOMACHACHES)
- CHANGES IN APPETITE
- FREQUENT THOUGHTS OF DEATH OR DYING
- SIGNS OF SELF HARM

see reverse for how to help

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ANXIETY & DEPRESSION:



how to help

question, persuade, refer (QPR)

- **QUESTION:** ASK, "ARE YOU FEELING DEPRESSED, ANXIOUS OR SUICIDAL?"
- **PERSUADE:** LISTEN, THEN SAY, "COME WITH ME AND WE WILL FIND HELP."
- **REFER:** REACH OUT TO A TRUSTED PROFESSIONAL LIKE CHC.

things to remember

- ASKING THE QUESTION DOES NOT INCREASE THE RISK.
- LISTENING CAN SAVE A LIFE.
- DON'T WORRY ABOUT BEING DISLOYAL.
- DON'T TRY TO HANDLE IT YOURSELF.
- REACH OUT TO A PROFESSIONAL.
- YOU ARE NOT ALONE!



CHC is here for you.

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