



What is depression? How to treat it and what to do--A suicide prevention guide for young people

Information

Type: Brochure/Booklet

Author: Suicide Awareness Voices of Education (SAVE)

Publisher: Suicide Awareness Voices of Education (SAVE)

See This Resource

[Depression & suicide prevention guide for young people](#) [1]

Created by Suicide Awareness Voices of Education (SAVE), *What is Depression? How to Treat It and What to Do—A Suicide Prevention Guide for Young People* is an eight-page booklet that contains useful information for youth about depression and suicide prevention. The booklet includes:

- Information about depression, its symptoms, and its causes.
- Information about effective treatments for depression.
- Information about the warning signs of suicide.
- Recommendations for how youth can get help related to depression and suicide for themselves or friends.
- Recommendations for sources of additional information.

It is available from Suicide Awareness Voices of Education (SAVE) for a \$3.50 each minimum order of 10. Out of stock at time of this writing May, 2016.

What is Depression? How to Treat It and What to Do—A Suicide Prevention Guide for Young People was developed by the staff of SAVE. SAVE's mission is to prevent suicide through public awareness and education, eliminate stigma, and serve as a resource for those touched by suicide.

Objectives:

Young people who read the brochure will have:

1. Increased knowledge about mental illness and its relationship to suicide.
2. Increased awareness of the symptoms of mental illness.
3. Increased knowledge of warning signs for suicide.
4. Increased knowledge of additional resources related to suicide prevention.

Implementation Essential:

When possible, those who distribute the brochure should be aware of local helping resources, including crisis support lines and clinical services.



Links within this resource

[1] http://www.save.org/index.cfm?fuseaction=home.viewPage&page_id=EFBEDC27-9E50-D3C6-D633315510EBFAE3

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