

SOS

SIGNS OF SUICIDE®

GET INTO THE ACT®

ACKNOWLEDGE, CARE & TELL:

- ✓ **ACKNOWLEDGE** that you are seeing signs of depression, self-injury, or suicide in a friend and that it is serious.
- ✓ **CARE**—let your friend know that you care about him or her, and that you are concerned that he or she needs help you cannot provide.
- ✓ **TELL** a trusted adult —take your friend with you or go alone if you need to.



HOW TO DEAL WITH BEING BULLIED

If you have been bullied, it may affect you in many ways. You may not want to go to school or may find it hard to do your homework. You may be losing sleep, eating more or less than usual, having headaches or stomachaches, or getting sick more often. But you don't have to feel this way.

YOUR FEELINGS ARE IMPORTANT

DO NOT BLAME YOURSELF. It is easy to question whether you are the problem. But no matter what someone says or does, you should not be ashamed of who you are or what you feel.

BE PROUD OF WHO YOU ARE. No matter what they say, there are wonderful things about you. Keep those in mind instead of the disrespectful messages you get from the people who are bullying you.

DO NOT BE AFRAID TO GET HELP. Sometimes it helps to just talk to someone who is not personally involved. Teachers, counselors, and others are there to help. Seeing a counselor or other professional does not mean there is something wrong with you.

For the full article go to:
www.stopbullying.gov/teens/being_bullied/index.html

SOME SECRETS SHOULD BE SHARED

Middle School can be both scary and exciting. With so many things changing around you, it might be hard to know why you are feeling different, who you want to be, and if the choices you make are really the best decisions.

It might feel like you can't deal with all the changes that are happening. So it's not surprising if you, or one of your friends, feel "down" from time to time. But what happens when you feel down all the time? Or when a friend seems sad for weeks? **Don't keep it a secret.** If you know someone like this, it's time to **ACT**—**A**cknowledge, **C**are & **T**ell.

YOUR FRIEND MIGHT BE STRUGGLING WITH DEPRESSION, AND AS A FRIEND, YOU CAN HELP!

SOS

ALCOHOL: KNOW THE FACTS

Do you know someone your age who drinks alcohol? This can actually be a warning sign that they are feeling depressed or even suicidal. Sometimes people turn to alcohol to try to feel better for a little while, but end up feeling worse when the effects of drinking wear off.

DID YOU KNOW?

LESS THAN 1% OF 13-YEAR-OLDS DRANK IN THE PAST MONTH.

If you choose to **not** drink alcohol, you're **not** alone!

ALCOHOL TAKES AWAY YOUR ABILITY TO MAKE GOOD DECISIONS AND BEHAVE SAFELY.

DRINKING ALCOHOL WHEN YOU'RE YOUNG raises your chances of becoming addicted as an adult.

For more facts and information go to:
www.toosmarttostart.samhsa.gov

STRUGGLING WITH STRESS?

Stress can be caused by all kinds of things. You probably feel stressed when you're in danger or when you have a test. Maybe you feel stressed about a class presentation or before a big game. But stress can be managed.

CHECK OUT THESE TIPS:

BE REALISTIC. Don't try to be perfect – no one is. If you need help, ask for it. If you're feeling overwhelmed, cut back on your commitments. Focus on the activities that are most important to you.

GET A GOOD NIGHT'S SLEEP. Getting enough sleep keeps your body and mind in top shape – and more prepared to deal with stress. Laugh a lot. Watching a funny movie or telling some jokes with friends can help you loosen up and lift your spirits.

TREAT YOUR BODY WELL. Eat right! Healthy food gives your body the fuel it needs. Get up and move! Regular exercise helps reduce stress.

TAKE TIME TO CHILL. Life can be really busy at times. Take time to relax.

SOLVE THE LITTLE PROBLEMS. Solving everyday problems gives you a sense of accomplishment and builds your confidence for bigger challenges.

DEPRESSION: KNOW THE WARNING SIGNS

A bad mood might feel like it will last forever, but usually sad feelings don't last very long – a few moments, a few hours, maybe a day or two. But sometimes sad feelings can go on for too long, hurt too much, and make it hard for you to enjoy the good things in your life. This is called depression. Anyone can experience depression – even the kids in your school.

WHAT ARE THE SYMPTOMS OF DEPRESSION?

Check the following list to see if you or a friend has said or felt any of these things, especially if the feelings or actions have lasted for *more than two weeks*:

NEGATIVE MOOD: Depression causes a sad, hopeless, or grumpy mood that can make someone seem easily annoyed or angry.

NEGATIVE ATTITUDE: People who are depressed might believe that nothing is worth trying and can make them feel like giving up.

NOT ENJOYING THINGS: Depression can ruin enjoyment of the things someone normally likes, such as being with friends or doing a favorite activity.

LOW ENERGY: People who feel depressed often feel too tired to do things they usually do, like play sports or go to school.

TROUBLE CONCENTRATING: Depression can make it hard to concentrate on schoolwork, reading, or what people say.

SLEEPING OR EATING PROBLEMS: Depression can cause someone to sleep or eat too much or not enough.

FEELING OVERWHELMED BY PROBLEMS: Depression can make it seem like every problem is too big to deal with.

For more facts and information go to: <http://kidshealth.org/teen/>

Dear SOS,

I have been feeling very sad lately and want to ask for help, but someone told me I have to just get over it. Is this true?

-Ian

Dear Ian,

Sadness and depression are **NOT** weaknesses. Depression is an illness that affects the whole body and can be treated. You need to tell a trusted adult how you feel so you can get help and start feeling better.

Dear SOS,

My friend is talking about killing himself. I'm scared. What do I need to do?

-Maria

Dear Maria,

If you see signs of depression, suicide, or any other problem in someone you know, tell them in a caring way that you recognize that they are having a problem. You can show you care by really listening, putting aside anything else you are doing, making eye contact, sitting down, and asking questions. Tell him or her that it's important that they speak with an adult, like a parent, teacher, counselor, school nurse or someone else you both trust so that the person can get the help they need. You can figure out together who that person may be. Offer to go with your friend to tell the adult.

Remember to **ACT**:

ACKNOWLEDGE: Listen to your friend

CARE: Let your friend know you care

TELL: Tell a trusted adult that you are worried about your friend

DID YOU KNOW...?

Most kids say that getting a compliment from a friend means more than getting one from an adult.

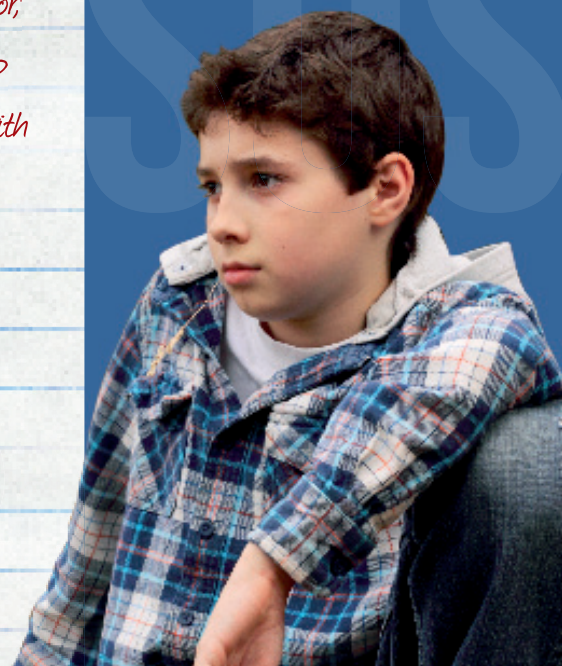
**SO COMPLIMENT SOMEONE TODAY
AND MAKE THEIR WORLD A LITTLE
BRIGHTER!**

STRUGGLING WITH YOUR SEXUALITY?

**CONTACT THE TREVOR PROJECT'S
FREE HOTLINE: 866.488.7386**

This is a free, confidential phone service for lesbian, gay, bisexual, transgender, and questioning youth. You can call 24 hours a day, 7 days a week.

You can also visit the Trevor Project at their website for information and resources:
<http://www.thetrevorproject.org/>



SELF-INJURY: WHAT YOU SHOULD KNOW

Do you have friends who injure (for example, cut or burn) their bodies on purpose? This may mean that your friends are hurting inside – from depression, anxiety, or something else. Signs of self-injury include hiding scars and wearing clothing to cover wounds. If you think your friend is hurting him or herself, it is important to **ACT** –

Acknowledge, Care and Tell a trusted adult!

SOS WORDSEARCH

P P W C J E J Q A R W T
 L B L V L G T M E K E B
 A S D X L D N P R E Z U
 L E V Q E E E Z A O H L
 C J R M T L M U C D W L
 O B K K S W I V L T N Y
 H E W N T O L V M Y X I
 O J W E E N P S U Q V N
 L G V Q R K M J I X H G
 W G V E C C O Z D O O M
 P W S H E A C P J Q S C
 G N O I S S E R P E D B

Match each word found in the search to its correct definition below.

- _____ a drug that takes away your ability to make good decisions
- _____ what the 'C' stands for in ACT
- _____ negative thoughts or feelings of hopelessness
- _____ teasing or making fun of another person
- _____ some of these should be shared
- _____ what the 'A' stands for in ACT
- _____ depression can have a negative effect on this
- _____ what the 'T' stands for in ACT
- _____ do this for a friend to brighten his or her day

- A. ACKNOWLEDGE**
- B. ALCOHOL**
- C. MOOD**
- D. SECRETS**
- E. BULLYING**
- F. TELL**
- G. DEPRESSION**
- H. CARE**
- I. COMPLIMENT**

HELPFUL WEBSITES:

WWW.BAM.GOV • WWW.PBSKIDS.ORG/ITSMYLIFE
WWW.STOPBULLYING.GOV • WWW.THECOOLSPOT.GOV
WWW.TOOSMARTTOSTART.SAMHSA.GOV

IF YOU ARE WORRIED ABOUT YOURSELF OR A FRIEND, CALL THE NATIONAL SUICIDE PREVENTION LIFELINE.

1-800-273-TALK

