

Resources for Depression and Suicide Prevention

Depression is a treatable illness that can affect up to one in eight teenagers. When left untreated, however, it can lead to thoughts about suicide. Some local resources for help include:

Great Mills High School Counselors
301-863-4001

Suicide Hotline (24 hour toll free)
1-800-273-TALK (8255)

Suicide Resource Center (information)
www.SuicideResourceCenter.org
970-635-9301

To learn more, click on some of the links below:

Teen Depression (for parents)

http://www.helpguide.org/mental/depression_teen.htm

Teen Suicide (for teens)

http://www.kidshealth.org/teen/your_mind/mental_health/suicide.html