



Text from a Friend

This exercise is designed to help you decide if there are "red flags" when communicating with a friend and determining if that friend is in need of immediate help.

What is a "Red Flag"?

The term, "red flag," is used as a sign that something is not right.

Symptoms of Depression

Five or more of these symptoms must be present most of the day for at least two weeks.

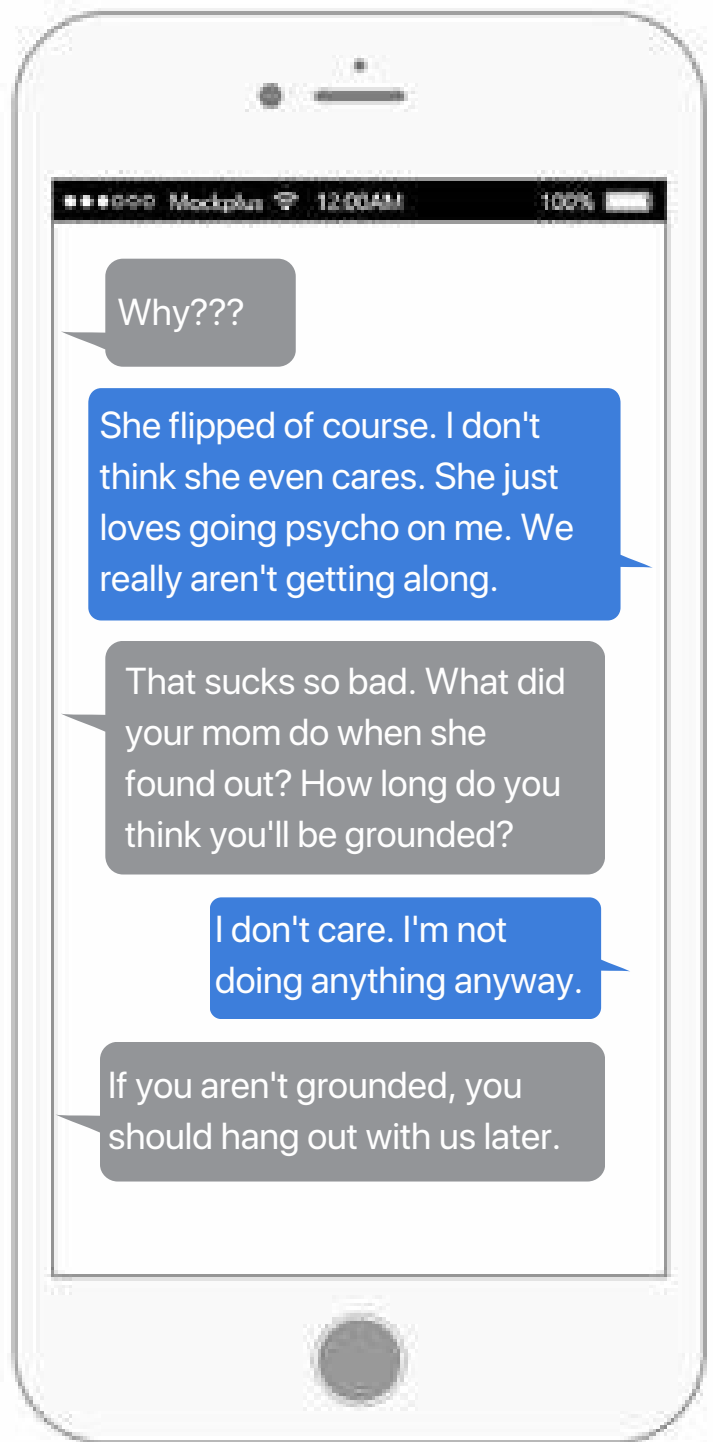
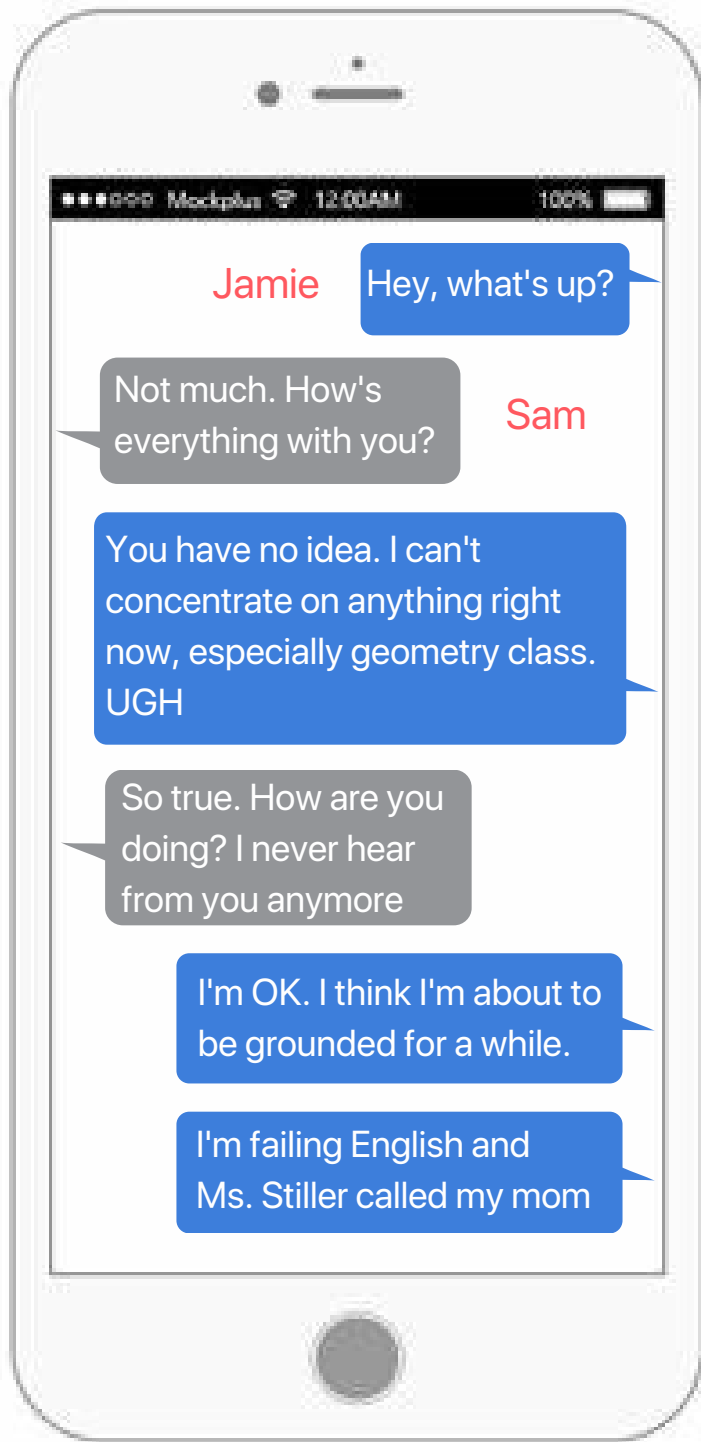
- Sad, depressed or irritable mood
- Loss of interest or pleasure in favorite activities
- Significant weight loss or gain or change in eating habits
- Change in sleep patterns
- Restlessness or agitation
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Trouble concentrating or making decisions
- Repeated thoughts of death or suicide

You are going to read (to yourself or with a partner) a text exchange between two friends. When you recognize a symptom (or a "red flag") of depression, take note.



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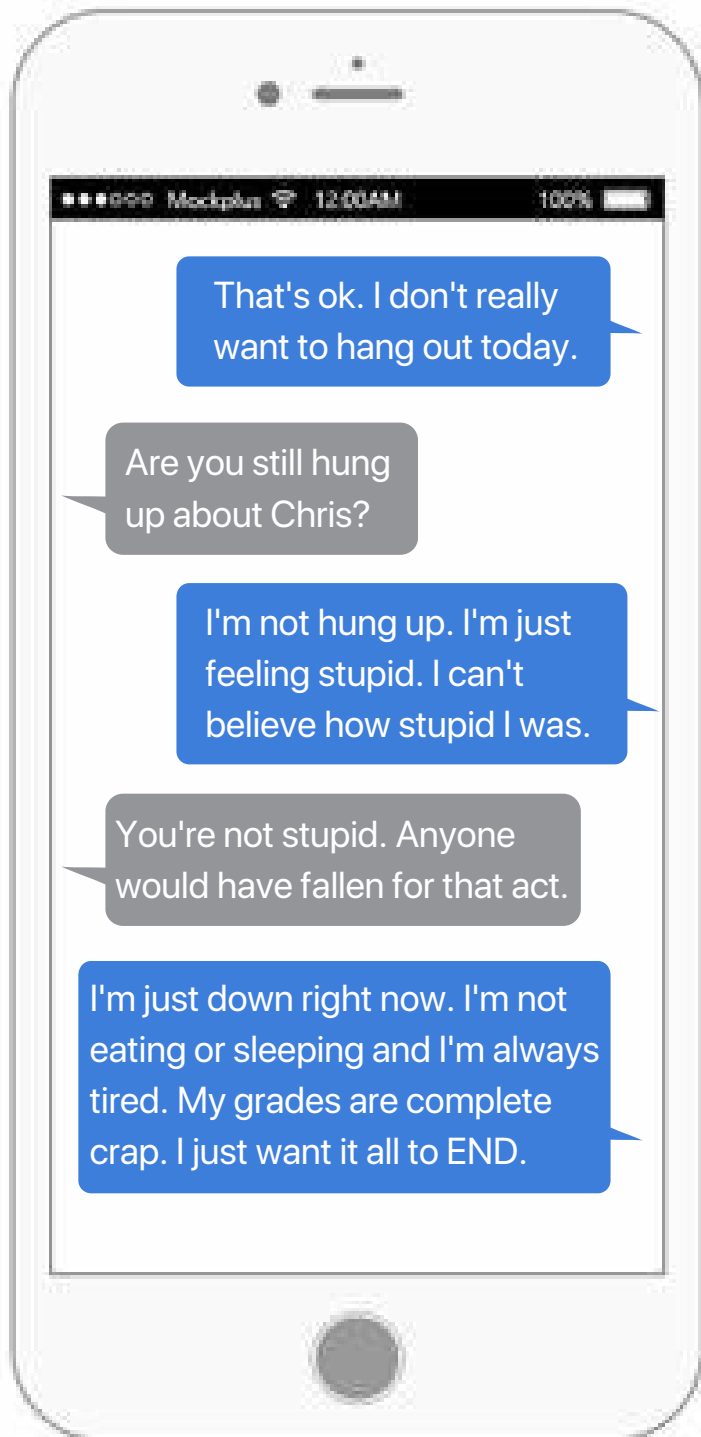
This exercise is designed to help you decide if a friend is in need of immediate help. Look for "Red Flags" in the conversation.





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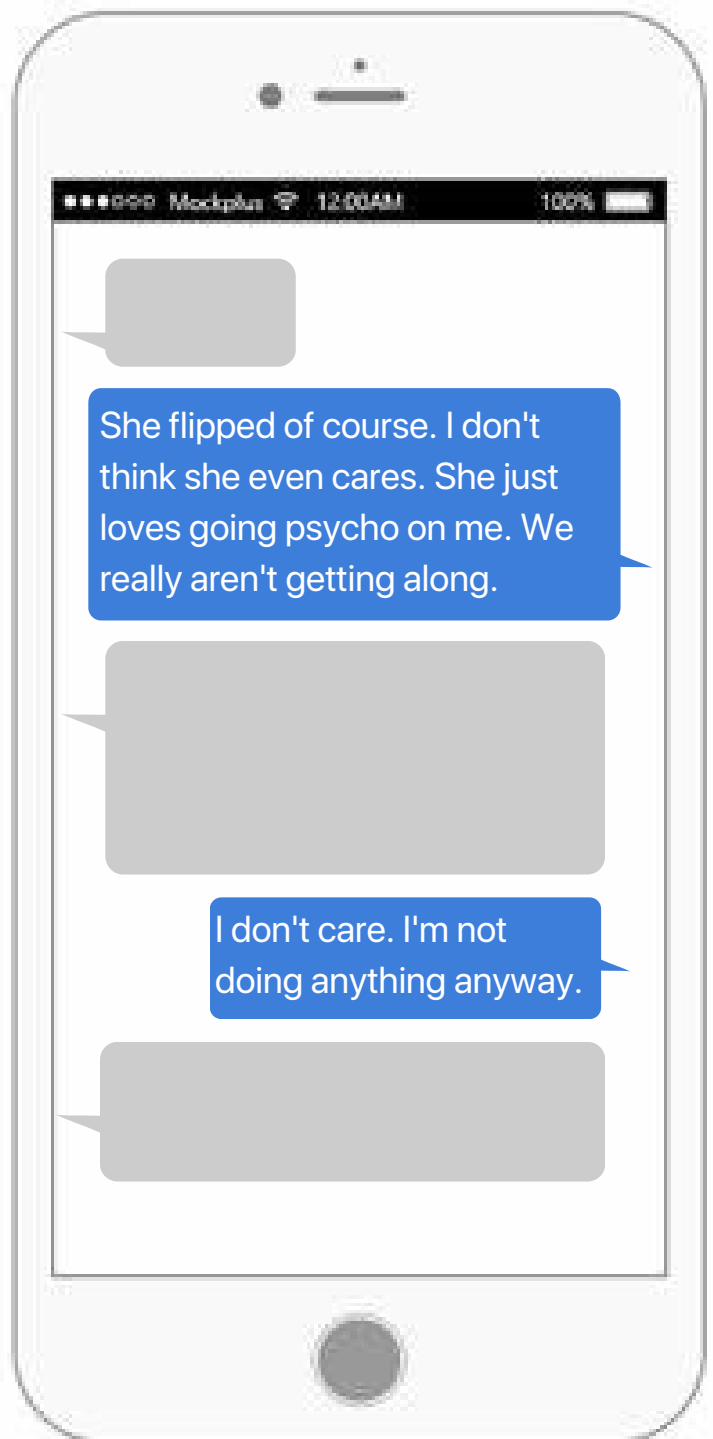
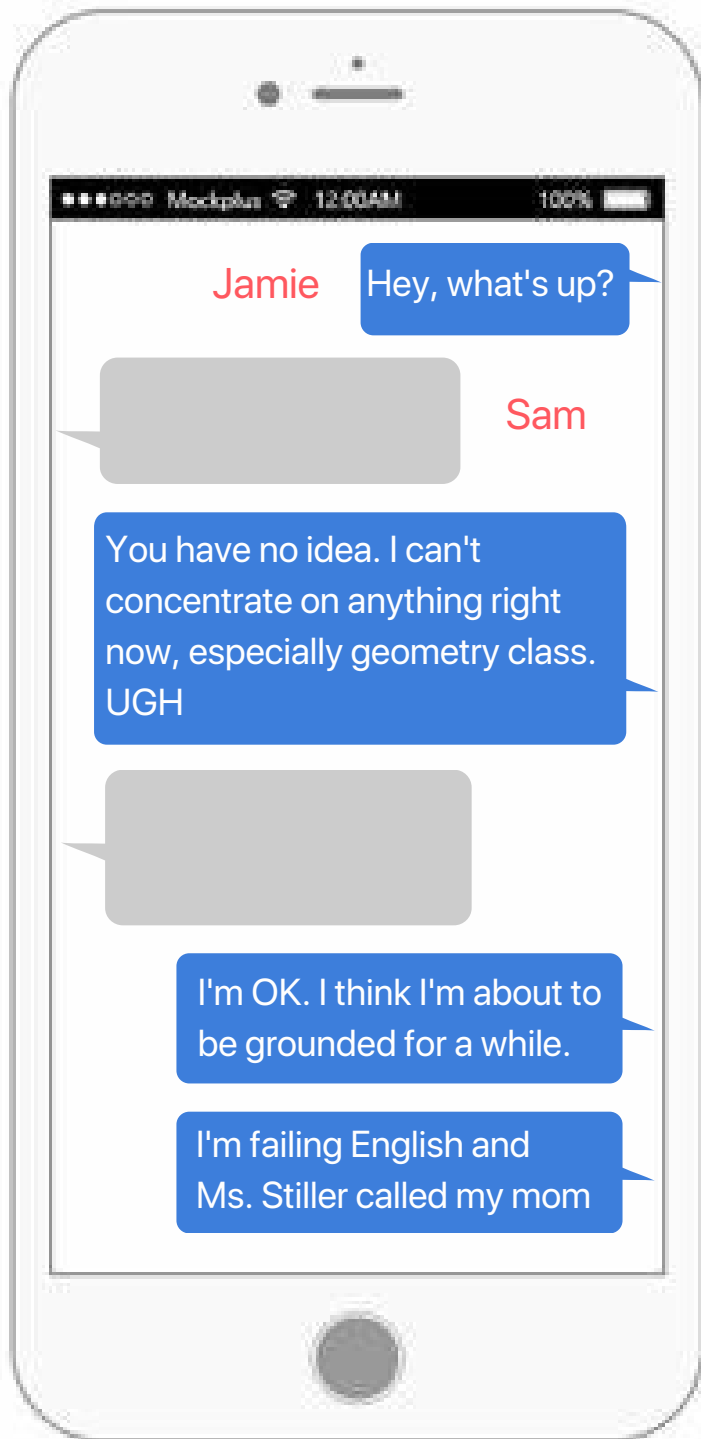
This exercise is designed to help you decide if a friend is suicidal and in need of immediate help. Look for "Red Flags" in the conversation.





Text from a Friend

Now it's your turn. Fill in what you could say in this conversation.





Text from a Friend

Now it's your turn. Fill in what you could say in this conversation.

