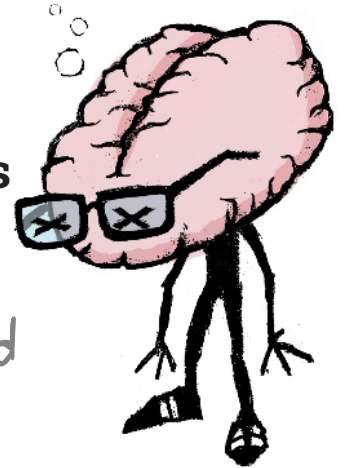


Friends often notice signs of depression in friends before adults do.



If you think your friend has depression,

SAY SOMETHING.

Notice

“ You’ve been acting different lately.

Care

“It could be something serious like depression. I’m worried about you.

Help

“Have you talked to an adult yet? I can go with you if you want.”

NEVER keep depression or thoughts of suicide a secret.

TELL A TRUSTED ADULT.

Worried about a friend?

Schedule an appointment to see a school mental health worker today.



**Erika's
Lighthouse**

erikaslighthouse.org