

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.

Worried about yourself or a friend?

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



Erika's Lighthouse®