

Reasons why some parents hesitate on having their child referred for an evaluation.

- “Normal” Child Adolescence.
 - Parent’s concern children viewed as “weak in character”.
 - Parent’s hope their child will “get over it”.
- A “good reason”, parents believe their child is depressed.
 - Depression that is evaluated and treated early, is less likely for further complications to develop. For example: death by suicide or homicide.

Options treatment one may consider include:

- Immediate and sufficient to ensure safety
- Therapy
- Adult/Family and good role models
- Family/School/Community support
- Health exams like physicals
- Medication like Antidepressants
- Awareness and or /Eliminating Domestic and any Abuse

Suicide is not an option:
Preventing and postvention every parent should know in youth suicide.

Where there is life, there’s hope.

Depression awareness can prevent problems in your child at home, family, school, and/or the community. The right treatment may improve drastically in one’s child’s life in a short time. Adult/Family can play a crucial role in early recognition and referral can make a difference between life and death.

1-800- SUICIDE /

1-800-784-2433

<http://www.suicidehotlines.com/alaska.html>



Cross Road Suicide Prevention and Provention

Mile 187 Glenn Hwy.
Glennallen, Alaska 99588

907-822-3203

www.crossroadmc.org

Wellness Department

Resources:

<http://www.suicidehotlines.com/alaska.html>



USA National Suicide Hotlines 1-800-273-TALK (8255)

ALASKA

Crisis Line – 24/7

NorthStar BH System

- **(907)-258-7575**
- **1-800-478-7575**

Anchorage

**Emergency Crisis Line-
24/7**

**South Central Counseling
Center**

- **907-563-3200**

