What Anyone Can Do When They Think Someone is Depressed

• Offer help and listen
• Talk about feelings
• Know the symptoms (hopeless, helpless)
• Find someone who can help (parent, teacher, professional)
• Stay connected

What School Professionals Can Do

• Assess severity
• Look for causes that can be addressed
• Mobilize support system (family)
• Refer to MH Services, if needed
• Monitor to support improvements