

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*