

PARENT RESOURCES

If you want to find out more information about depression and suicide in adolescents and/or how to get them further support, here are some helpful websites:

- www.helpguide.org
- www.save.org
- www.familyaware.org
- www.thetrevorproject.org
- www.suicidepreventionlifeline.org
- www.yourlifeyourvoice.org
- www.hopeline.com
- www.thebalancedmind.org
- www.afsp.org
- www.halfopus.org
- www.jedfoundation.org

If you need help obtaining a referral for a therapist for your adolescent, please contact your pediatrician or local community health center.

This website can also be a guide for finding help:
www.findtreatment.samhsa.gov

If you are experiencing a crisis or an emergency, here are the numbers to call:

- **Emergency services:** 911
- **Suicide hotline:** 1-800-273-TALK
- **Teen help line:** 1-978-688-TEEN