If a friend is talking about hurting themselves or others (or you are having these thoughts):

Tell a trusted adult right away—a parent, teacher, counselor, school support staff, principal, or any health professional

Tell the person’s parent or your own parent, if you think s/he will be helpful—even if this makes you nervous

Call the Suicide Prevention Lifeline at 1-800-273-TALK (8255) or 1-888-628-9454 for Spanish-speaking callers

Ozone Crisis Line at 734-662-2222 or 911 so that a professional can help you determine next steps to keep your friend, yourself, or others safe. When in doubt, call immediately!

Washtenaw County Community Mental Health Access/Crisis line at 734-544-3050

Supports for Community Resources

Washtenaw County Community Mental Health Access/Crisis line 734-544-3050

U of M Depression Center Visit http://www.depressioncenter.org/ or call 734-936-4400

RAHS (Regional Alliance for Healthy Schools) Visit http://umhs-rahs.org/ or call 734-988-2163

Ele’s Place Visit http://www.elesplace.org/ or call 734-929-6640

Ozone House Visit http://ozonehouse.org/how-we-help/counseling/ or call 734-662-2222

(Crisis Line)

Corner Health Visit http://www.cornerhealth.org/ or call 734-484-3600

Grove Emotional Health Collaborative Visit: https://www.groveemotionalhealth.com/ or call 734-224-3822
How do you cope and deal with symptoms of Anxiety and Depression?

Check out this list of 99 coping strategies:


Strategies that you can use when feeling overwhelmed:

“Use a mindfulness App for teens” (try out Insight Timer, Smiling Minds, Take a Chill, or Headspace) Take a Break! Stop/Breathe/Think/Grow

- Talk to someone you trust
- Journal or free write
- Draw/color/paint/doodle
- Listen Deep Breathing
- Spend time with family or friends or people you enjoy
- Write a letter to yourself or someone else (even if you don’t send it)
- Do a hobby that you enjoy: exercise (walk, run, play a sport, swim, dance, stretch, etc.)

Places to chat/text/websites:

http://www.crisistextline.org/ or http://www.yourlifeyourvoice.org

Numbers to text: Text VOICE to 20121 or text GO to 741741

OKAY2SAY 1-855-565-2729 TEXT-652729 okay2say@mi-gov

Websites to look at: Resources & References

National Suicide Prevention Lifeline http://www.suicidepreventionlifeline.org/
http://youmatter.suicidepreventionlifeline.org

Society for the Prevention of Teen Suicide http://www.sptsusa.org/teens

American Psychological Association www.apa.org

Centers for Disease Control and Prevention www.cdc.org

Kids Health www.kidshealth.org

National Alliance on Mental Illness www.nami.org

The National Child Traumatic Stress Network www.nctsn.org

Web MD www.webmd.com