



Being a teen is stressful



Talk about it

DEPRESSION keeps people isolated. Ask for help and don't fight it alone.

Mental Health Resources

- Local Crisis Hotlines**
- SAVE Suicide Hotline (online, save.org) 888-511-SAVE (7283)
 - Casa de Esperanza 651-772-1611
 - Crisis Nursery (Wright County) 800-965-1430 or 763-271-1680
 - Four County Crisis Response 800-635-8008 or 320-253-5555
 - Rivers of Hope (domestic violence) 800-439-2642
- National Crisis Services**
- National Suicide Hotline (Veterans, press 1) 800-273-TALK (8255)
 - Veterans Affairs Crisis live text chat (online, veteranscrisisline.net) 838255
 - Veterans Homeless Line 877-4-AID-VET
 - Women veterans' services 877-222-VETS (8387)
 - Alcoholics Anonymous aaminneapolis.org
 - First Call for Help (MN) 211 or 800-543-7709
 - Gamblers Anonymous 888-424-3577
 - Narcotics Anonymous (MN) 877-767-7676
- More resources, visit: suicidepreventionlifeline.org; on Facebook, 800273TALK

Sometimes stress can lead to thoughts of suicide.
Watch for these warning signs from your loved one:

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.



 Please take one or scan the code at the lower right of this poster using your smart phone to get the information.

Source: suicidepreventionlifeline.org

Wright Mental Health is a coalition of volunteers, mental health professionals, community members and criminal justice professionals based in Wright County dedicated to raising awareness about mental health care and mental health care resources locally and throughout Central Minnesota. Some funding has been provided by the United Way and United for Youth.