



Supporting Students Who Experience Depression & Anxiety

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Children's Program

www.childrensprogram.com



Facts

Rates of anxiety do appear to be increasing

Suicide is the third leading cause of death among adolescents

During adolescence, non-persistent thoughts of death and committing suicide are not uncommon (5 - 15%)

The meaning of thoughts about death and suicide are not always clear

Even so - concerning/questionable comments always merit follow-up



Signs of Anxiety and Depression

Social isolation/withdrawal

Avoidance

Somatic (physical) complaints

Poor school performance

Irritability/anger



Resources

Youthline (<https://oregonyouthline.org>); **CALL** 877-968-8491; **TEXT** 'teen2teen' to 839863; chat & email

Multnomah County mental health call center (503) 988-4888

National Crisis Line: (800) 273-TALK

Crisis Text Line: Text "Home" to 741741

Trevor Project for LGBTQ youth: (866) 488-7386

Spanish suicide prevention hotline: (888) 628-9454

The Parent Support Network: beavertonpsn@ymhproject.org