

Today you saw *Eric and Elliot* by Dwayne Hartford
performed by Childsplay

THE CAST

Mother/Daisy. Kristin Hailstone
ElliotD. Scott Withers
EricNoah Todd
Mr. WilloughbyJon Gentry
Miss HaddenKatie McFadzen

To contact anyone in the cast,
email info@childsplayaz.org
or send mail to PO Box 517 Tempe, AZ 85280

About Depression...

About ***1 in 20*** teens get seriously depressed each year. Sure, everybody feels sad now and then BUT if you or someone you know shows one or more of the following signs, **then the problem may be DEPRESSION**
~frequent sadness, tearfulness, crying
~inability to enjoy previously favorite activities
~low self esteem and guilt
~increased irritability, anger, or hostility
~difficulty with relationships, social isolation
~frequent complaints of physical illnesses; low energy
~frequent absences from or poor performance in school
~a major change in eating and/or sleeping patterns
~use or abuse of alcohol and/or drugs

If you are concerned about depression in yourself or a friend, TALK TO SOMEONE WHO CAN HELP.

There are many people who you can talk to:

- ~a psychologist or psychiatrist
- ~your school counselor
- ~your parents, or a trusted family member or adult
- ~your family doctor
- ~your faith-based professional

Remember: depression can affect people of any age, race, ethnic, or economic group

Depression & Suicide Internet Links:

- www.mhaarizona.org
~Mental Health Association of Arizona
- www.nmha.org
~National Mental Health Association
- www.yellowribbon.org
~Yellow Ribbon Suicide Prevention Program
- www.withonevoice.com/new/facts.html
~some startling facts and stats on suicide
- <http://kidshealth.org>
~you can get info on depression here

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About Suicide...

Be Aware of the Warning Signs:

A suicidal person may:

- +Talk about committing suicide
- +Withdraw from friends and/or social activities
- +Be preoccupied with death and dying
- +Have a recent severe loss
- +Experience drastic changes in behavior
- +Lose interest in hobbies, work, school, etc.
- +Prepare for death by making out a will
- +Give away prized possessions
- +Have attempted suicide before
- +Take unnecessary risks
- +Lose interest in personal appearance
- +Increase their use of alcohol and drugs

How You Can Help if a Friend Talks of Suicide:

Listen: Let your friend tell you about their situation and feelings. Don't give advice or try to find a simple solution. Really listen to what they are trying to tell you.

Be Honest: If your friend's words or actions scare you, say so. Your discussion will not encourage your friend to go through with their plan. Let your friend know you care.

Share Feelings: At times everyone has felt sad, hurt, or depressed. You know what it feels like. Let your friend know that they are not alone and that you care.

Get Help: If you keep this secret you could lose your friend forever. Try to get them to talk to an adult they trust. If they won't, talk to someone yourself.

Resources/Important Phone Numbers:

Teen Lifeline (24hr. suicide prevention hot-line; peer counselors from 3-9pm): 602-248-TEEN (8336)

Impact's 24 hr. Crisis Hotline: 480-784-1500

Impact (Counseling Services): 480-784-1514

Mental Health Association of AZ:

480-994-4407; 800-MHA-9277

ValueOptions Crisis Line: 602-222-9444

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

***If you or someone you know is suicidal, call these numbers. A counselor can help determine the best course of action OR call 911**

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