

Lakeview Beacon

Fall 2015 Phone: 231 929-0300

Lakeview Counseling 1844 Oak Hollow Drive, Suite B .

WHAT TO DO WHEN YOU'RE WORRIED ABOUT A FRIEND OR LOVED ONE

Compiled by MADDIE DANZ AND JANET HUGHES, ACSW

Someone once told me that depression is like cancer. You try to live with it and it takes from you and gives you pain making you sick. You have to fight and fight and keep fighting. Sometimes the sickness can seem unbearable. The difference between cancer and depression though, is that cancer is recognized and is noticeable. Which makes it easier to get treatment. Depression is invisible to the naked eye. People with depression need treatment and they need it quickly. Like cancer, the earlier you catch it, the better, because **THE LONGER IT GOES ON, THE WORSE IT GETS**. Depression is a silent killer. Cancer is scary and life-threatening. So is depression.

*Doing something is always the
best choice.*

When someone we love or care about is not doing well emotionally, possibly appearing depressed, it can be very upsetting. You may feel afraid to do anything. You might worry that you will say the wrong thing or make things worse, or that they will get mad at you, but **taking action and getting someone help** is ALWAYS the right thing to do. Sometimes a person just needs to be heard, sometimes they need a hug or a cup of tea, but often what a person experiencing depression needs is concrete support like a phone number to a crisis center or a mental health provider and in some cases immediate professional help is needed.

GENERAL STATISTICS

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- SUICIDE is the 10th leading cause of death in the US for all ages.**
- There is one death by suicide in the US every 13 minutes**
- Depression affects 20-25% of Americans ages 18 and older in a given year.**
- Only half of all Americans experiencing an episode of major depression receive treatment.**
- **80%-90% OF PEOPLE THAT SEEK TREATMENT FOR DEPRESSION ARE TREATED SUCCESSFULLY .**
- **WWW.cdc.gov
Depression in College**
- 32% reported feeling so depressed that "it was difficult to function".**

WARNING SIGNS OF SUICIDE

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased, especially if it seems related to a painful event, loss or change.

- increase use in alcohol or substances
- sadness/hopelessness
- anger/irritable
- feeling worthless
- feeling disappointed others
- guilt
- withdrawal
- loss of interest in activities
- changes in eating or sleeping
- loss of energy
- statements like "I wish I had never been born" -isolating
- extreme mood swings
- sleeping too much or too little

*Always take thoughts of
suicide seriously.*

ADDITIONAL WARNING SIGNS OF SUICIDE

- thoughts or statements of, "it would be better if I were not here"
- statements such as, "what is the use?"
- A BIG SUDDEN SWITCH TO BEING HAPPY AND GIVING THINGS AWAY
- talking about feeling trapped or in unbearable pain.
- feeling like a burden to others
- preoccupation with death
- saying goodbye or putting affairs in order
- purposelessness
- anxiety/agitation/recklessness

Please feel free to make copies of your Lakeview Beacon to share.

Lakeview Counseling

TO REACH US:

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App Review by Maddie Danz (summer intern)

1. **BellyBio-Free** app that teaches deep breathing techniques useful in fighting anxiety and stress. Sounds cascade with movements of your belly, in rhythms reminiscent of waves on a beach. Maddie found this app interesting and liked the idea.
2. **pacifica**-This app helps change thoughts, mood and allows for health checks throughout the day. Maddie rated it VERY GOOD.
3. **Relieve Depression- hypnosis**. Maddie found it relaxing and liked it a lot!
4. **deep calm**-an app providing calming noises. Rated Good.
5. **Operation Reach Out**-an app with videos for helping self and others through depression. Rated Good.
6. **Happify**-One of Maddie's favorites because it has meditations short and long. Also, includes games to support being positive as well as, pretty scenes and sounds (with goals). Rated GREAT!
7. **Virtual Hope Box** put out by Dept. of Defense to offer veterans experiencing distress support but it has a lot of helpful uses for

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How to Help Your Friend or Loved One

If you see warning signs of suicide begin a dialogue by asking questions. Asking these questions will help you determine if your friend or family member is in immediate danger and needs help. A suicidal person should see a doctor or mental health professional immediately. Be sensitive, but ask direct questions such as:

-How are you coping with what has been going on in your life?

-Do you ever feel so bad that you feel like giving up or think of suicide?

-Have you ever tried to end your life before?

IF their answers indicate suicide is on their mind then you might ask.....

-Have you thought of how you would do it?

-Check and see if they have access to the weapons or ways they are discussing

These questions won't push them into doing anything, nor will they put ideas into their head. It may do just the opposite and make them feel better by talking. **NEVER KEEP A PLAN FOR SUICIDE A SECRET!** Most times the person will come back and thank you for saving their life.

GETTING HELP

IF YOU FEEL SOMEONE IS IN IMMEDIATE DANGER : (**DON'T LEAVE THEM ALONE**).

1. CALL 911 OR TAKE THEM TO LOCAL HOSPITAL EMERGENCY ROOM.
2. IF THAT IS NOT AN OPTION YOU CAN CALL THIRD LEVEL CRISIS CENTER 231 922-4800

TEXTING THIRD LEVEL: 231 480-0292

3. NATIONAL SUICIDE PREVENTION LIFELINE 1800-273-8255
4. CALL AND SEE IF THEIR PRIMARY CARE PHYSICIAN CAN SEE THEM THAT DAY, OR WHAT THEY SUGGEST.

NOT IN IMMEDIATE DANGER

1. ACKNOWLEDGE THEIR PAIN IS LEGITIMATE AND TELL THEM YOU ARE GOING TO HELP THEM.
2. HELP SET UP THE PRIMARY CARE PHYSICIAN DOCTORS APPOINTMENT OR A

