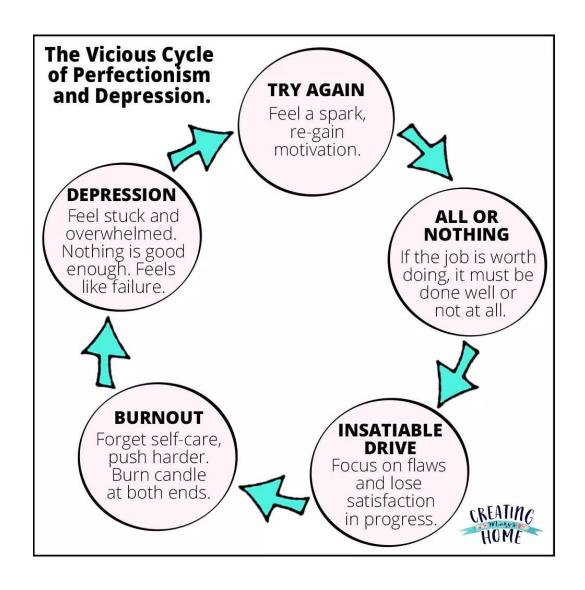
Christian Resources

- Faith and Suicide Among Teens and Young Adults
- Alive to Thrive
- The 700 Club: Kristen Anderson: Suicide Interrupted
- Godly Wisdom for Suicide Prevention
- Focus on the Family Resource List



The Cycle of Depression

Triggers

Losses: Being rejected or made fun of; Being disliked; Having a chronic illness; Parents' divorce; Family problems

Physical Responses

memory; Trouble concentrating;

Low energy; Crying; Poor

appetite; Insomnia; Poor

Thoughts

Things will never get better. I'm a failure. Nobody likes me. My life is doomed. I'm worthless.



Feelings

Hopeless: Despair; Gloom; Sad; Lonely; Rejected; Worthless; Upset; Discouraged; Somber; Disheartened



Weight loss/gain

Behaviors

Being inactive; Skipping school, Moping around; Not talking; Self-harm;

Withdrawal; Substance use/abuse



