


Youth DEPRESSION & SUICIDE

Parent Information Night

Presented by north county Lifeline 

- ◆ Find out how to recognize warning signs of depression & understand depression is treatable
- ◆ Learn how to help the teens in your life
- ◆ Gather information on the “ACT” (Acknowledge, Care, Tell) message to promote safety amongst our students



Wednesday, December 11, 2019

6:00 PM – PAC

90% of the time teens will show **warning signs**

Suicide is the **SECOND LEADING CAUSE OF DEATH** in 11-18 year olds

2nd



CRISIS LINE
(888) 724-7240
7 Days a Week 24 Hours a Day