

Parent Information for Edline- The week of September 21-25 2015 has been designated as Suicide/Depression Awareness Week for Brevard Public Schools. There are as many misconceptions about teen depression as there are about teenagers in general. Yes, the teen years are tough, but most teens balance this developmental stage with good friendships, success in school or outside activities, and the development of a strong sense of self. Whether the incidence of teen depression is actually increasing, or we're just becoming more aware of it, the fact remains that depression strikes teenagers far more often than most people think. Although depression is highly treatable, experts say only 1 in 5 depressed teens receive help. Unlike adults, who have the ability to seek assistance on their own, teenagers usually must rely on parents, teachers, or other caregivers to recognize their suffering and get them the treatment they need. Unfortunately, in some severe cases of depression, it can lead to attempts at suicide or completed suicides.

Suicide is the 10th leading cause of death in the United States and the 8th leading cause of death in Florida and the 3rd leading cause of death for teenagers. While boys complete suicide five times more than girls, females attempt suicide more often than males. Experts believe that most suicidal individuals do not want to die; they just want to end the pain they are experiencing. When suicide intent or risk is detected early, lives can be saved. Each year, counselors are trained to assist students, parents and staff in the identification, prevention, intervention and referral to the appropriate medical and mental health professionals for those who display the risk factors of suicide. Students will be directed to the confidential hotlines of 211 (local crisis line) or 1-800 273-talk (8255) (national suicide prevention line). The following is a suggested website for parents http://www.helpguide.org/mental/depression_teen.htm. Resources are also available on the Brevard Public School Parent Involvement web page. All secondary schools will receive a packet of suggested activities. If you should have any questions, please feel free to contact your school counselors' office.