**DEPRESSION**

*Depression can affect anyone*

*Everybody feels sad sometimes*

*When someone feels sad a lot, he or she may need help*

*It’s not your fault. There is help*

**A person who is depressed may experience some or all of these symptoms:**

* Feels sad most of the time
* Has trouble sleeping too much or not enough
* Does not feel like eating, or eats more than normal
* Feels tired all the time
* Gets stressed out and angry easily
* Loses interest in things they used to like
* Has hard time thinking, concentrating or making decisions
* Thinks about hurting oneself, or wants to die

****

**Please, talk to your doctor now if you feel sad or like hurting yourself.**

It is very important for you to take care of yourself.

And, it’s hard to be a good parent if you’re feeling bad.

**Here are some other things you can do to take care of yourself:**

* Get some exercise
* Avoid extra stress
* Ask for help from someone you trust

**There is good treatment for depression. You can feel better again.**

If you’d like to talk to someone about getting help, please talk to your child’s doctor or nurse.

**Helpful Resources**

**National Alliance for Mental Illness (NAMI) |** [*www.nami.org*](http://www.nami.org)

The National HelpLine, 1-800-950-6264, Monday - Friday, 10 am - 6 pm for:

* Information on depression and other issues affecting children and families
* Referrals to local resources and support groups throughout the country
* Support from trained volunteers who know what it’s like and who have “been there”

**National Suicide Prevention Lifeline |** [*www.suicidepreventionlifeline.org*](http://www.suicidepreventionlifeline.org)

If you’re in crisis or suicidal, call 1-800-273-8255, 24 hours a day, 7 days a week. You can call for yourself or for someone you know. You’ll be connected to a trained counselor at a suicide crisis center nearest you. For a Spanish language line, call 1-888-628-9454. Many local crisis centers have interpreters.

**Depression and Bipolar Support Alliance (DBSA) |** [*www.dbsalliance.org*](http://www.dbsalliance.org)

If you’re looking for information, referrals and Internet support groups for mood disorders.

**CSB-Community Services Board**

Responding to the needs of individuals in need for counseling and mental health services

Norfolk 757-823-1600

Chesapeake 757-547-9334

Virginia Beach 757-385-0800

Peninsula 757-220-3200

Eastern Shore 757-442-3636

Middle Peninsula 804-693-5057 and 800-639-9668

Portsmouth 757-393-5357 and 757-393-8618

Hampton/Newport News 757-788-0300

Western Tidewater Community Services Board 757-255-7133 and 757-255-7136

**Website:** [**www.dbhds.virginia.gov/community-services-boards-csbs**](www.dbhds.virginia.gov/community-services-boards-csbs%20)

**Crisis Intervention Team**

Responding to the needs of individuals affected by a mental health crisis

Norfolk 757- 664-6681

Chesapeake 757-548-7000

Hampton and Newport News 757-788-0086

**The Chas Foundation**

Responding to the needs of individuals in need for counseling and mental health services

757- 489 2427

**Website:** [**www.thechasfoundation.org**](http://www.thechasfoundation.org)

Email: info@thechasfoundation.org

**NAMI, the National Alliance on Mental Illness**

Responding to the needs of individuals in need for counseling and mental health services

Hampton-Newport News 757- 556-8063

Norfolk 757- 375-5298

Helpline 800-950-6264

**The “Up” Center**

Responding to the needs of individuals in need for counseling

757- 965-8622

**Website:** [**https://www.theupcenter.org**](https://www.theupcenter.org)

**Center for Child and Family Services, Inc.**

Responding to the needs of individuals in need for counseling and mental health services

757-838-1960

**Website:** [**www.kidsandfamilies.com**](http://www.kidsandfamilies.com)

**Child and Family Connection - Williamsburg- A Program of the Center for Child and Family Services**

Responding to the needs of individuals in need for counseling and mental health services

757- 229-7940

**Website:** [**http://www.ctrchildfamilyservices.org/childandfamilyconnection**](http://www.ctrchildfamilyservices.org/childandfamilyconnection)

**EVMS Psychiatry and Behavioral Sciences**

Responding to the needs of individuals in need for psychotherapy services

757- 446-5888

**Virginia Beach Psychiatric Center**

Responding to the needs of individuals in need for psychiatric services

757-496-6000

Hotline: 757-627-LIFE

**Website:** [**www.vbpcweb.com**](http://www.vbpcweb.com)

**South Eastern Virginia Health System (formerly PICH)**

Responding to the needs of individuals in need for counseling

757-380-8709

**Website:** [**www.pich.org**](http://www.pich.org)

**Park Place Medical Center**

Responding to the needs of individuals in need for counseling

757- 533-9108

**ACT Program Catholic Charities of Eastern Virginia**

Responding to the needs of individuals in need for counseling

Hampton Road 757-467-7707

Eastern Shore 757-442-6211

Peninsula 757- 875-0060

**Website:** [**www.cceva.org**](http://www.cceva.org)

**Catholic Charities of Eastern Virginia-Pregnancy Counseling**

Responding to the needs of pregnant woman in need for counseling and mental health services

757-274-4952

Email:pregnancy@cceva.org

**Website:** [**www.cceva.org**](http://www.cceva.org)

**Crisis Pregnancy Center of Tidewater**

Responding to the needs of pregnant woman in need for counseling and mental health services

757-410-9703

Helpline: 757-499-4444

**LGBT Life Center**

Responding to the needs of LGBT individuals in need for counseling and mental health services

757- 640-0929

Email:info@lgbtlifecenter.org

**Website:** [**https://lgbtlifecenter.org**](https://lgbtlifecenter.org)

**National Suicide Prevention Lifeline**

Responding to the needs of individuals affected by a mental health crisis

800-273-TALK (8255)

Spanish Lifeline: 888-628-9454

TTY & Chat:

800-799-4889

Veterans Crisis Line: 800-273-8255

**Website:** [**https://suicidepreventionlifeline.org/**](https://suicidepreventionlifeline.org/)