



Text from a Friend

This exercise is designed to help you decide if there are "red flags" when communicating with a friend and determining if that friend is in need of immediate help.

What is a "Red Flag"?

The term, "red flag," is used as a sign that something is not right.

Symptoms of Depression

Five or more of these symptoms must be present most of the day for at least two weeks.

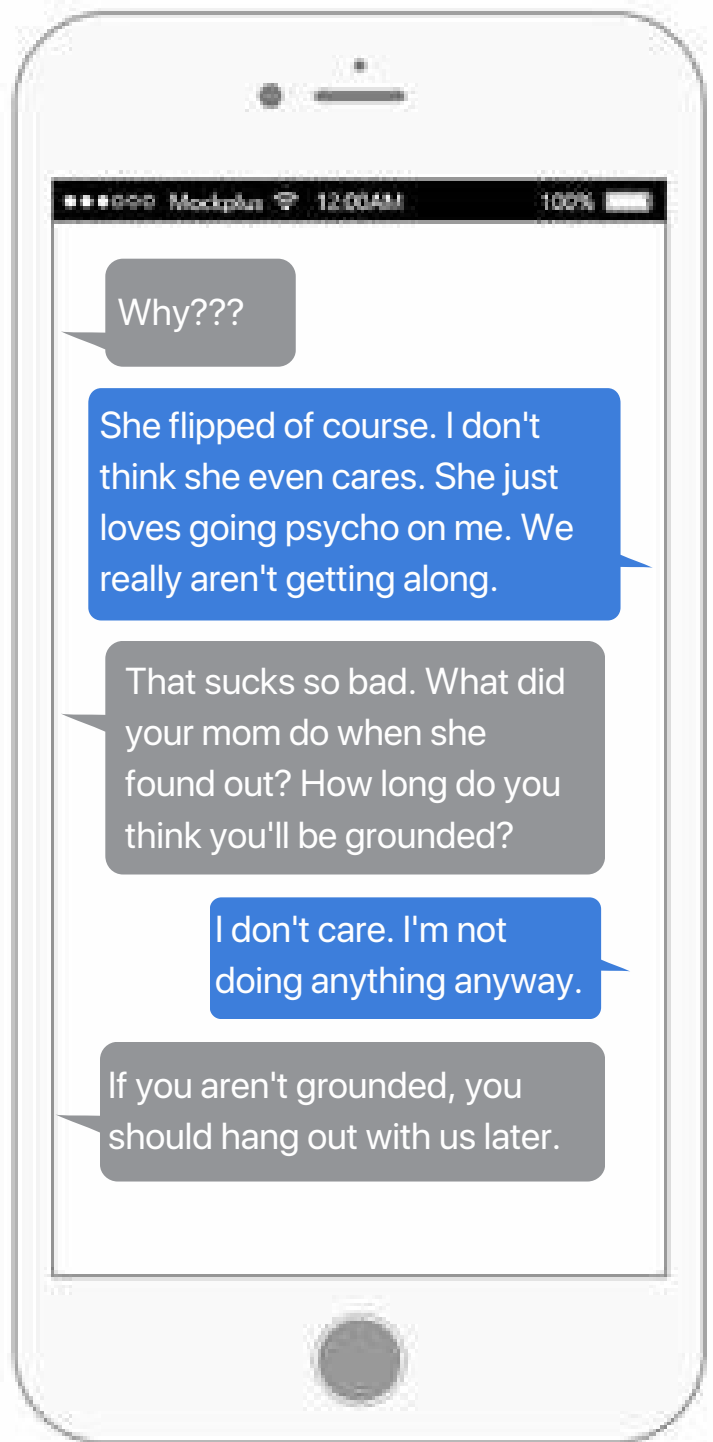
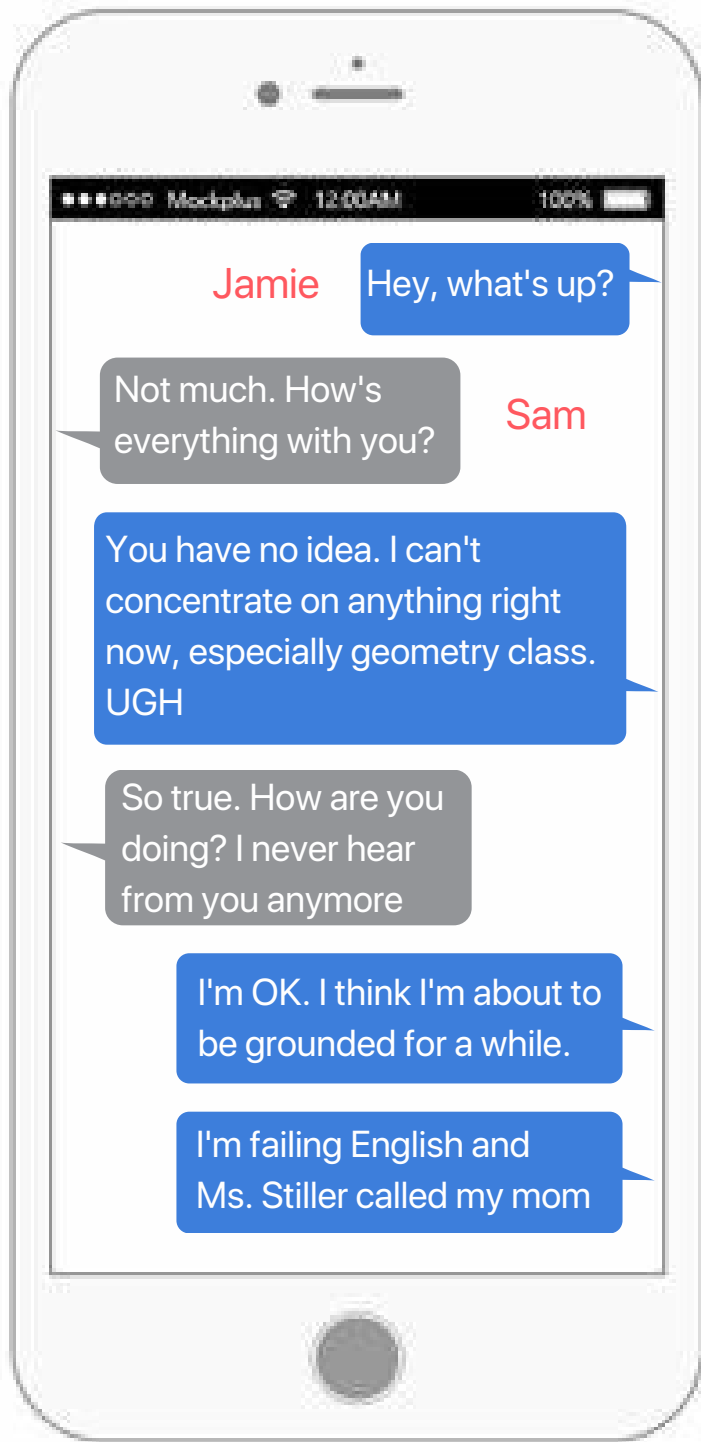
- Sad, depressed or irritable mood
- Loss of interest or pleasure in favorite activities
- Significant weight loss or gain or change in eating habits
- Change in sleep patterns
- Restlessness or agitation
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Trouble concentrating or making decisions
- Repeated thoughts of death or suicide

You are going to read (to yourself or with a partner) a text exchange between two friends. When you recognize a symptom (or a "red flag") of depression, take note.



Text from a Friend

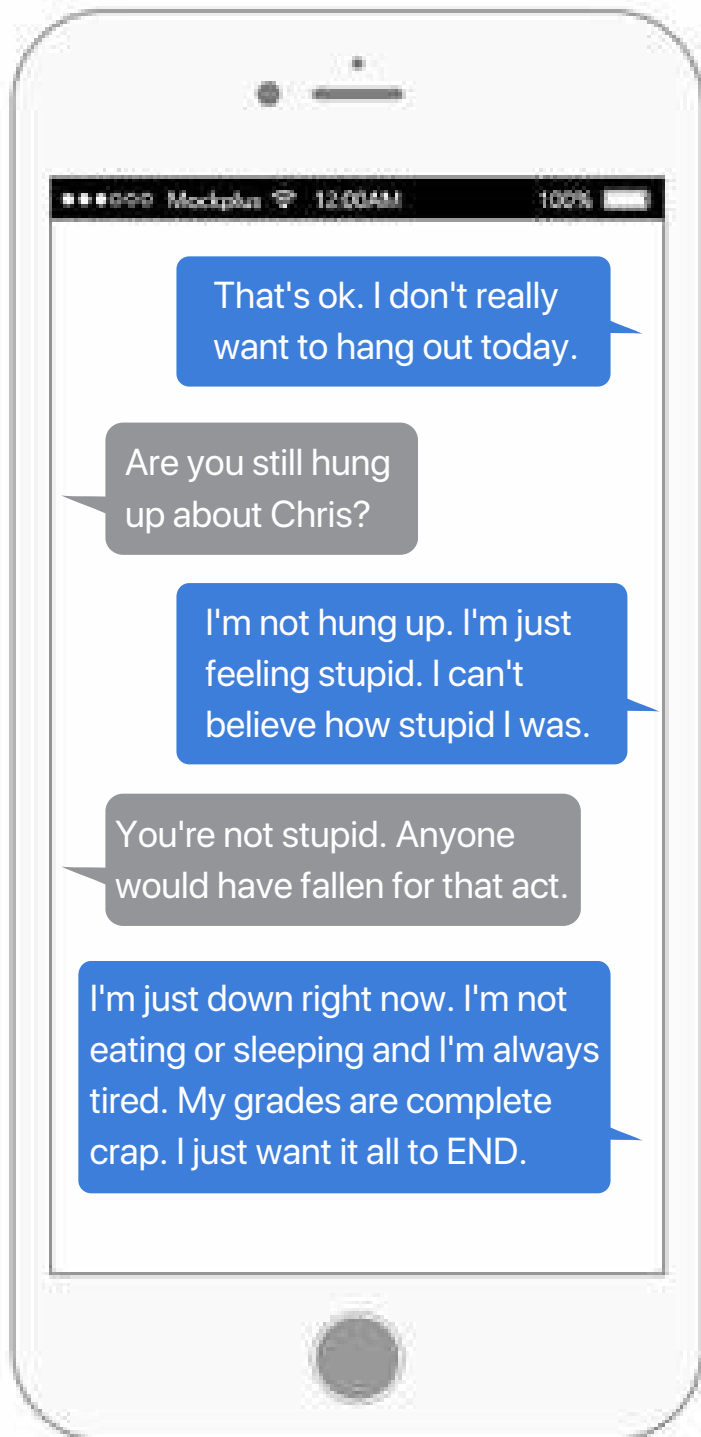
This exercise is designed to help you decide if a friend is in need of immediate help. Look for "Red Flags" in the conversation.





Text from a Friend

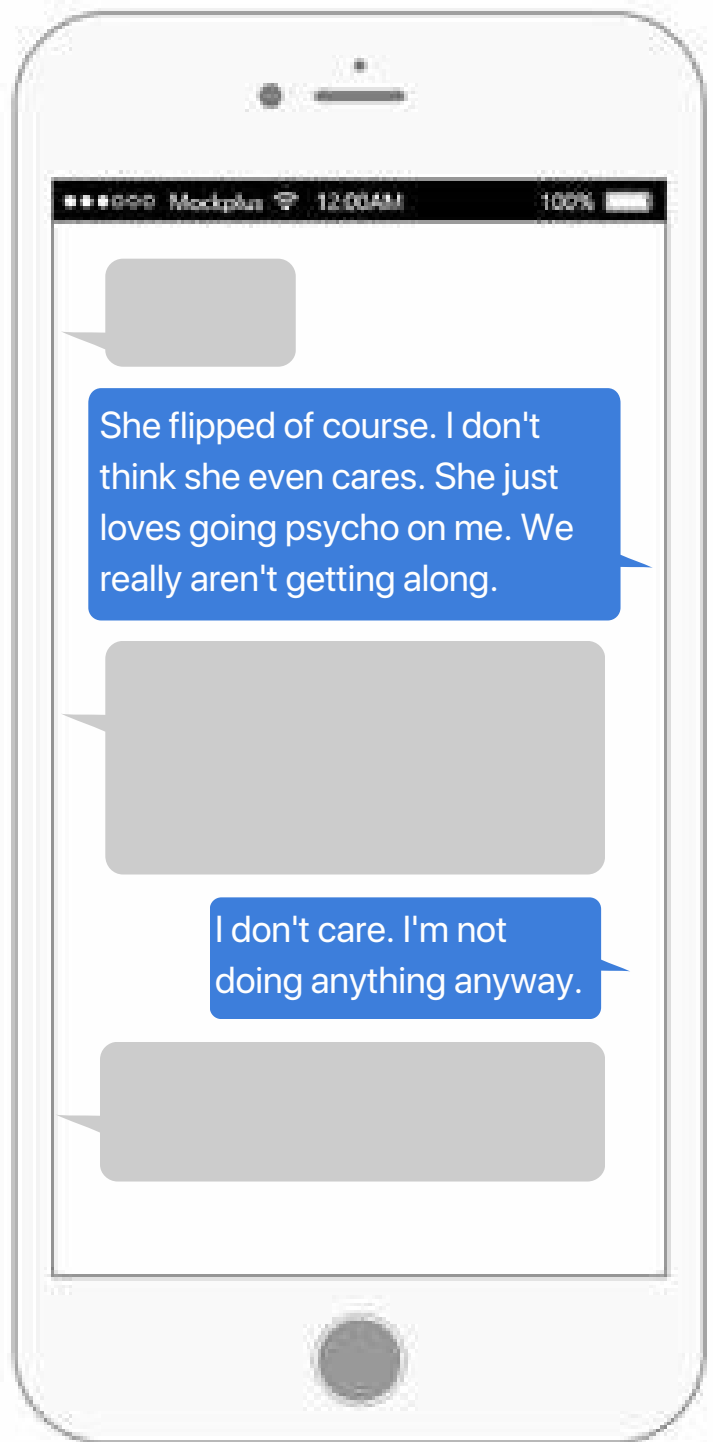
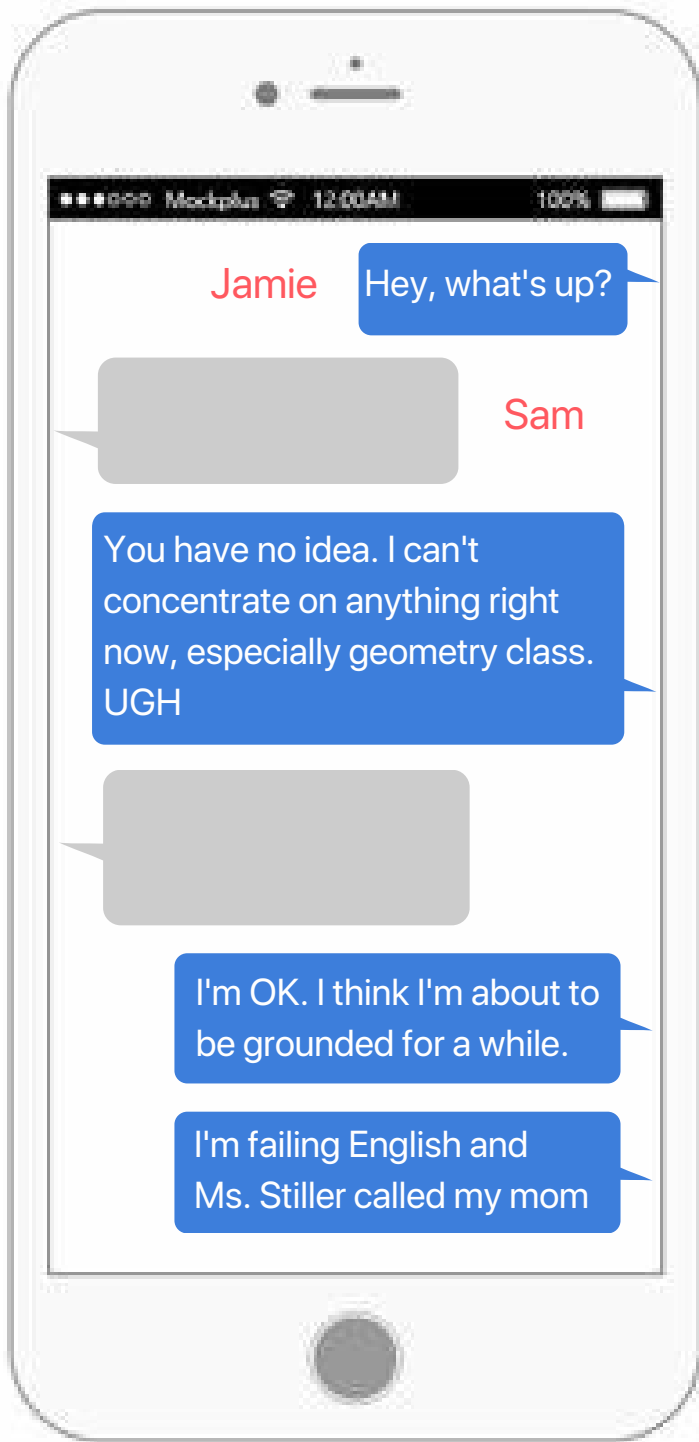
This exercise is designed to help you decide if a friend is suicidal and in need of immediate help. Look for "Red Flags" in the conversation.





Text from a Friend

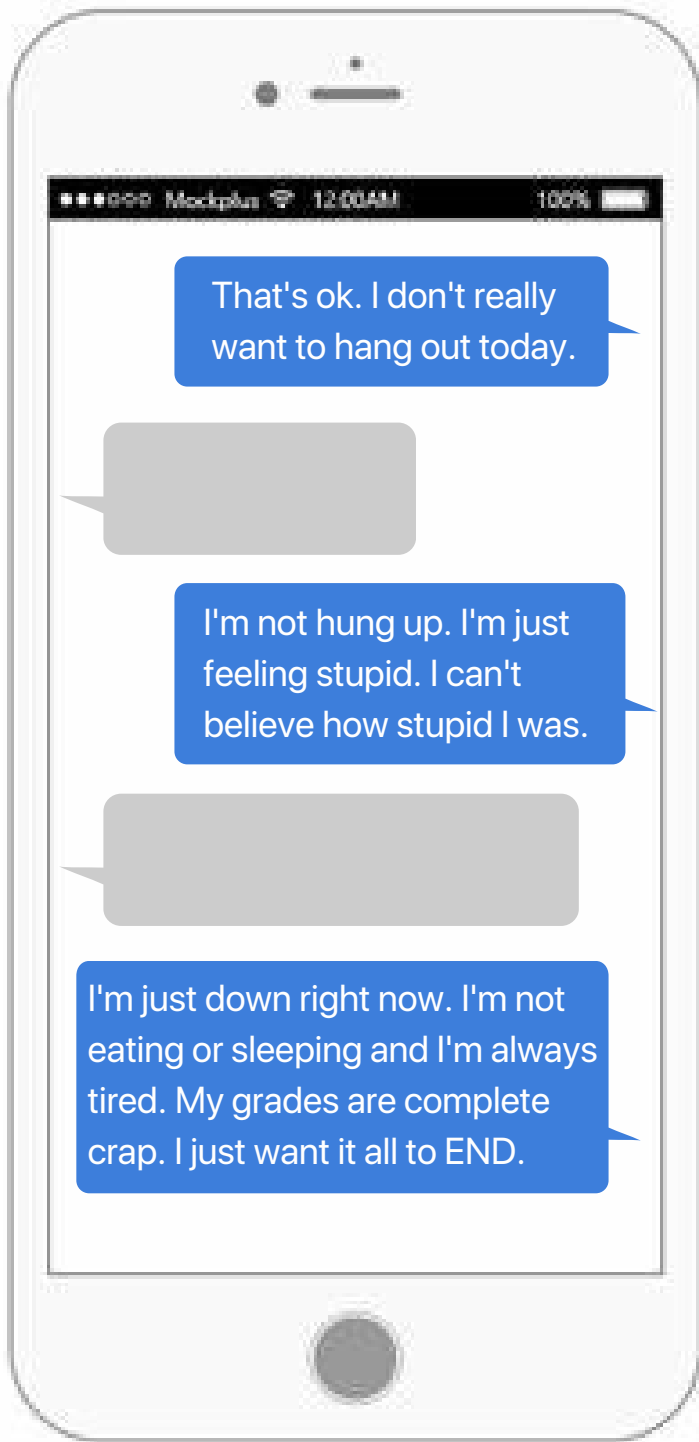
Now it's your turn. Fill in what you could say in this conversation.





Text from a Friend

Now it's your turn. Fill in what you could say in this conversation.



If you need to speak with someone immediately, please text or call 988.
If this is an emergency, please call 911.