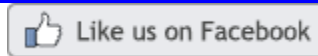




www.newhorizonsmentalhealth.org



February 16, 2017

Chief Executive Officer:
Anthony B. Motta
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Agency Contact Information:

**New Horizons Mental Health
Services**

1592 Granville Pike
Lancaster, Ohio 43130
740-687-0835

437 Hill Rd. North
Pickerington, Ohio 43147
614-834-1919

2652 Kull Rd.
Lancaster, Ohio 43130
740-277-6733

www.newhorizonsmentalhealth.org

**For Crisis Intervention call:
740-687-TALK/740-687-8255 Anytime**

Adolescent Depression

Depression among our teenagers can pose significant threats to their health and well-being.

A recent study published in the journal *Pediatrics* suggests that rates of depression among teens have been on the increase in the last decade, especially among adolescent girls. A recent Ohio survey of adolescents found 30% of students feeling sad or hopeless, 18% had seriously considered attempting suicide, and 9% reported that they had attempted suicide one or more times in the last year. In our own community, a 2016 survey of 12th graders from every school district found that 12% had thoughts of killing themselves in the last month, and 5.2% who reported that they had tried to kill themselves.

Making matters worse, national studies continue to find that less than half of adolescents with mental health disorders of any kind received treatment in the past year. Stigma, lack of knowledge and awareness, and lack of treatment resources contribute to this unfortunate fact. Suicide remains the second leading

**ALWAYS READY
ALWAYS NEAR**



cause of death among 15-24 year olds in the United States.

We encourage you to spread the word that depression is recognizable and treatable here in our community. Becoming aware that an adolescent has depression and helping them get treatment can literally save their life.

Here are some available resources:

The Fairfield County ADAMH Board offers free Youth Mental Health First Aid courses for any county resident. Three sessions are planned this winter and spring. Go to their web site to learn more and enroll.

New Horizons, with ADAMH funding, provides 24/7 Crisis Intervention services. Call 211 and learn more.

We also offer the Signs of Suicide program in some school districts. We teach students about depression and we screen students and find those that have risk-factors. United Way and ADAMH Board funding makes this program possible.

There are many local, affordable treatment options for youth and families. Go to the Fairfield County 211 Information and Referral web site to learn about available counseling and psychiatric care.

Together we can provide help and hope to our young people with depression.

Tony

We appreciate our local, financial support:

