Signs of Depression
Someone who is depressed may be feeling:
• Sad or “empty”
• Irritable or angry
• Guilty or worthless
• Pessimistic or hopeless
• Tired or “slowed down”
• Restless or agitated
• Like no one cares about him/her or like life is not worth living

Someone dealing with depression may also:
• Sleep more or less than usual
• Be engaged in escapist behavior like spending more time than usual on work or on sports
• Eat more or less than usual
• Abuse alcohol or illegal or illicit substances
• Engage in reckless or risky behavior
• Have persistent headaches, stomachaches or chronic pain
• Have trouble concentrating, remembering things or making decisions
• Lose interest in work, family, hobbies or other once pleasurable activities
• Lose interest in sex

Crisis Numbers
National Suicide Prevention Lifeline
1-800-273-TALK (8255)  Press # 1 if you are a Veteran
Samaritans Statewide
1-877-870-4673

Resources
Heywood Hospital
978-630-6377
Men’s Suicide Prevention Project
978-630-6455
Clinical Support and Options (CSO)
978-249-9490

National Alliance for the Mentally Ill
1-800-950-NAMI (6264) or www.NAMI.org

Statewide Emergency Services
1-877-382-1609

Community Health Link
1-800-977-5555

Gardner Community Health Center
978-410-6100

Suicide Prevention Task Force
www.suicidepreventiontaskforce.org

American Foundation for Suicide Prevention
www.afsp.org

Massachusetts Coalition for Suicide Prevention
www.masspreventsuicide.org

Massachusetts Department of Public Health
www.mass.gov/eohhs/gov/departments/dph/

Support for Families in Crisis
Family and Significant Other Outreach Program

Funded by the Massachusetts Dept. of Public Health’s Suicide Prevention Program
242 Green Street, Gardner, MA 01440 • 978-632-3420
www.suicidepreventiontaskforce.org
It may be helpful to organize your thoughts and to document the sequence of events during a crisis.

Date of event: _______________________________
Who responded: _______________________________
___________________________________________
___________________________________________
Time frame of what occurred: _____________________
___________________________________________
___________________________________________
What follow-up do you need to do immediately:
___________________________________________
___________________________________________
___________________________________________
Are there individuals or companies that you need to notify:
___________________________________________
___________________________________________
___________________________________________

Having the details of a crisis documented may be helpful when working with insurance companies and/or healthcare professionals.

Track your contacts and resources.

Hospital Name and Phone: ______________________
___________________________________________
Primary Care Physician (PCP) Name and Phone: _________
___________________________________________
Pharmacy Name and Phone: ______________________
___________________________________________
Clergy Name and Phone: _________________________
___________________________________________
Health Insurance Name and Phone: _________________
___________________________________________
Home Owner’s Insurance Name and Phone: ____________
___________________________________________
Work Name and Phone: _________________________
___________________________________________
School Name and Phone: ________________________
___________________________________________
Guidance Counselor Name and Phone: ______________
___________________________________________
Local Food Pantry Name and Phone: _________________
___________________________________________

If you require a biohazard team to come to your home, contact your home owner’s insurance company to determine coverage.

How will you take care of you?

• Take time to eat
• Take time to sleep
• Monitor your own medical conditions and take medications as prescribed

Who is part of your support group? _____________________
___________________________________________
___________________________________________
Keep a list of things you need to do:________________________
___________________________________________
___________________________________________
___________________________________________
___________________________________________

Take a deep breath…

When those who support you tell you to “call if you need anything”, call them! Remember to ask for help.

Ask questions of those involved in your crisis (medical, mental health, insurance, etc.). Do not be afraid to continue to ask questions until you are satisfied you have received an answer you understand.