



THE SAFETY SERVICES DEPARTMENT

3850 N. Hydraulic, Wichita, Kansas 67219 • (316) 973-2260

(316) 973-2100 Security Communications

<http://www.usd259.org/safetyservices>



Coping Strategies for Depression and Suicidal Behavior

- Spend time with family and friends (social cohesion and stability)
- Openly share issues in your life
- Some find comfort in religion or a spiritual belief system
- Get involved with school and after-school activities - volunteer: you are needed!
- Learn new coping and problem-solving skills
- Positive self-worth (believe in your strengths) and impulse control
- Seek help when needed
- Lack of access to suicidal means (i.e., firearms, drugs, etc.)
- Access to mental health care
- Laughter – a sense of humor
- Positive Self Talk - keep perspective (“this too shall pass”)
- Give yourself permission to DREAM
- Exercise
- Good nutrition and adequate rest