



## Depression and Suicide Resources

### Jewish Board of Family and Children Services

#### Dr. Eugene D. Glynn/YCL Counseling Center

5030 Broadway Suite 201

between 213th and 214th Street

New York, NY 10034

Director: Alicia Montero, LCSW-R

Phone: [\(212\) 795-9888](tel:(212)795-9888)

Fax: [\(212\) 795-9899](tel:(212)795-9899)

<http://www.jbfcs.org/programs.php?id=279#.VKyDmqaUeRB>

### LIFENET [www.800lifenet.org](http://www.800lifenet.org) 1-800-LIFENET (1-800-543-3638)

A free, confidential help line for New York City residents.

You can call 24 hours per day/7 days per week. The hotline's staff of trained mental health professionals help callers find mental health and substance abuse services.

**1-877-AYUDESE** (1-877-298-3373) (in Espanol)

**1-877-990-8585** for Korean and Chinese callers (Mandarin and Cantonese dialects)

All other languages: 1-800-LIFENET (1-800-543-3638)

**1-212-982-5284** (TTY for hearing impaired)

LIFENET assists people who are experiencing a crisis. LIFENET has authorized linkages with the 23 mobile crisis teams and Emergency Medical Services (EMS). This unique, life-saving authority allows LIFENET to provide a prompt response to callers in urgent need of psychiatric assistance.

### National Suicide Prevention Lifeline:

[1-800-273-TALK \(8255\)](tel:1-800-273-TALK(8255)) or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

For The Hearing And Speech Impaired with TTY Equipment: [1-800-799-4TTY\(4889\)](tel:1-800-799-4TTY(4889))

**I'M ALIVE:** <https://www.imalive.org/>

**HOPELINE:** 1-800-SUICIDE (784-2433)

**Refaenu:** <http://refaenu.org/>

*Getting Up When You're Down: A Mature Discussion of an Adult Malady - Depression and Related Conditions* by Rabbi Abraham J. Twerski

### Common Symptoms of Depression

Everyone feels sad sometimes. But if it lasts a long time, or a person loses interest or pleasure in things, it may be depression. Ask your doctor about a simple test for depression if over the past 2 weeks you have often been bothered by:



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- Little interest or pleasure in things.
- Feeling down, depressed, or hopeless.
- Sleep problems (too much or too little).
- Fatigue, no energy.
- Appetite problems.
- Feeling bad about yourself, that you're a failure or are letting people down.
- Trouble concentrating.
- Feeling slowed down (or speeded up).
- Unexplained physical problems that won't go away (headaches, stomachaches, chronic pain).
- Thoughts about dying or hurting yourself.

<http://www.nyc.gov/html/doh/downloads/pdf/csi/depressionkit-pt-symptoms-fact.pdf>

### Tips for Handling Depression:

Taking even one of these steps can help you feel better.

- Eat a Healthy Diet
- Be Physically Active
- Take Your Medicine
- Find Ways to Relax
- Don't Drink or Use Drugs
- Make Time for Things You Enjoy
- Spend Time with People Who Support You
- Taking even one of these steps can help you feel better

<http://www.nyc.gov/html/doh/downloads/pdf/csi/depressionkit-pt-tips-fact.pdf>

THE NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE  
Depression. It's treatable. Talk to your doctor.

For help 24 hours a day, call 1-800-LifeNet (1-800-543-3638) or call 311 and ask for LifeNet.

### FEELING BETTER: Depression

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE  
Health Bulletin V O L U M E 1 0 , N U M B E R 4

[nyc.gov/health](http://www.nyc.gov/health)

<http://www.nyc.gov/html/doh/downloads/pdf/public/dohmhnews10-04.pdf>

### Suicide and Self-inflicted Injuries in New York City

NYC Vital Signs: A data report from the New York City Health Department

New York City Department of Health and Mental Hygiene February 2012 Volume 11, No. 1

<http://www.nyc.gov/html/doh/downloads/pdf/survey/survey-2012suicides.pdf>

### Training

**ASIST NY** - Free/ heavily subsidized 2-day training sessions open to anyone preparing caregivers of all kinds to provide suicide first aid interventions.