



If you are worried about a friend ACT:

Approach your friend if you think they are depressed.

Communicate your concern. Let them know that you care about them and that you want to help them.

Take your friend to a trusted adult. If they won't go with you then **tell** the adult about your concerns.

Adapted by J Ciffone SEHS, SD U-46, Elgin, Illinois from:
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