



# Introductions

## Subject-Matter Experts

- **Kevin Hodgson**, Manager of Programs, Hockey Education Reaching Out Society (HEROS Hockey). His 15-year career in the Human Services sector has exclusively focused on marginalized children and youth. He is also a Consulting Trainer for the Centre for Suicide Prevention.
- **Linda Scurr, MEd**, counselling program supervisor with Adult Addiction Services Calgary, Addiction and Mental Health (formerly AADAC), Alberta Health Services. As the supervisor of the Calgary AADAC Enhanced Services for Women program Linda was awarded the Premier's Award of Excellence 2005. She is a Consulting Trainer with Centre for Suicide Prevention and has taught suicide intervention training since 1975.
- **Dave MacLeod, MSc RPsych**, founding clinical psychologist with Western Psychology Services in Calgary, now the overseer of the WPS co-operative. Dave began work in suicide prevention in the late 1970s as a volunteer with the Distress Centre/Drug Centre and has, since then, worked in a variety of adolescent treatment centres around the world. Dave is a Consulting Trainer with the Centre for Suicide Prevention.

## Secondary Research

- **Robert Olson, BA, MLIS**, Librarian, Centre for Suicide Prevention, provides secondary research and presents this webinar.



# Co-sponsoring Organizations

## Alberta Centre for Injury Control & Research (ACICR)

A provincial organization committed to advancing the impact or prevention, emergency response, treatment and rehabilitation of injuries in Alberta. ACICR is part of the School of Public Health, University of Alberta. For more information, visit us at [www.acicr.ca](http://www.acicr.ca)

## Centre for Suicide Prevention (CSP)

An education centre committed to reducing suicide through education: information services, workshops, presentations and now webinars. CSP is a branch of the Canadian Mental Health Association (CMHA). For more information, visit us at [www.suicideinfo.ca](http://www.suicideinfo.ca)



The 5 Things We Wish ALL Teachers Knew About

# Anxiety, Depression and Suicide



"If you are depressed, you live in the past..

If you are anxious, you live in the future..

But, if you are at peace... You live in the present."

-Lao Tzu

## Fact #1

# Depression and anxiety are prevalent

## Symptoms Common to Major Depression and Anxiety Disorders

### Major Depression

Depressed mood  
Anhedonia  
Weight gain/loss  
Loss of interest

Fear  
Panic  
Apprehension  
Panic attacks  
Chronic Pain  
GI complaints  
Excessive worry  
Agitation  
Difficulty concentrating  
Sleep disturbances

### Anxiety Disorders

Hypervigilance  
Agoraphobia  
Compulsive rituals

Source: American Psychiatric Association. Keller MB, Hanks DL. *J Clin Psychiatry*. 1995;56(suppl6).22-29.  
Clayton PJ, et al. *Am J Psychiatry*. 1991;148:1512-1517.  
Coplan JD, Gorman JM. *J Clin Psychiatry*. 1990;51(suppl)9-13.

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## Fact #1

# Depression and anxiety are prevalent

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- Lifetime prevalence of psychological disorders:

Disorder	% of population
Anxiety disorders	28.8%
Mood disorders	20.8%
Impulse-control disorders	24.8%
Substance-use disorders	14.6%
Any mental health disorder	46.4%

- Anxiety and depression are the two mental health concerns that lead to the most doctor visits

## Fact #1

# Depression and anxiety are prevalent

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- 15% of Canadian children and youth experience mental health concerns
- Less than 20% of these children and youth receive professional help



## Fact #1

# Depression and anxiety are prevalent

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- Rates of depression and anxiety in children and youth

	Depression	Anxiety
Children	1-3%	5-7%
Youth	5-7%	8-10%

- Both concerns are more common in girls than boys
- Prevalence of both has doubled in the last 30 years

## Fact #2

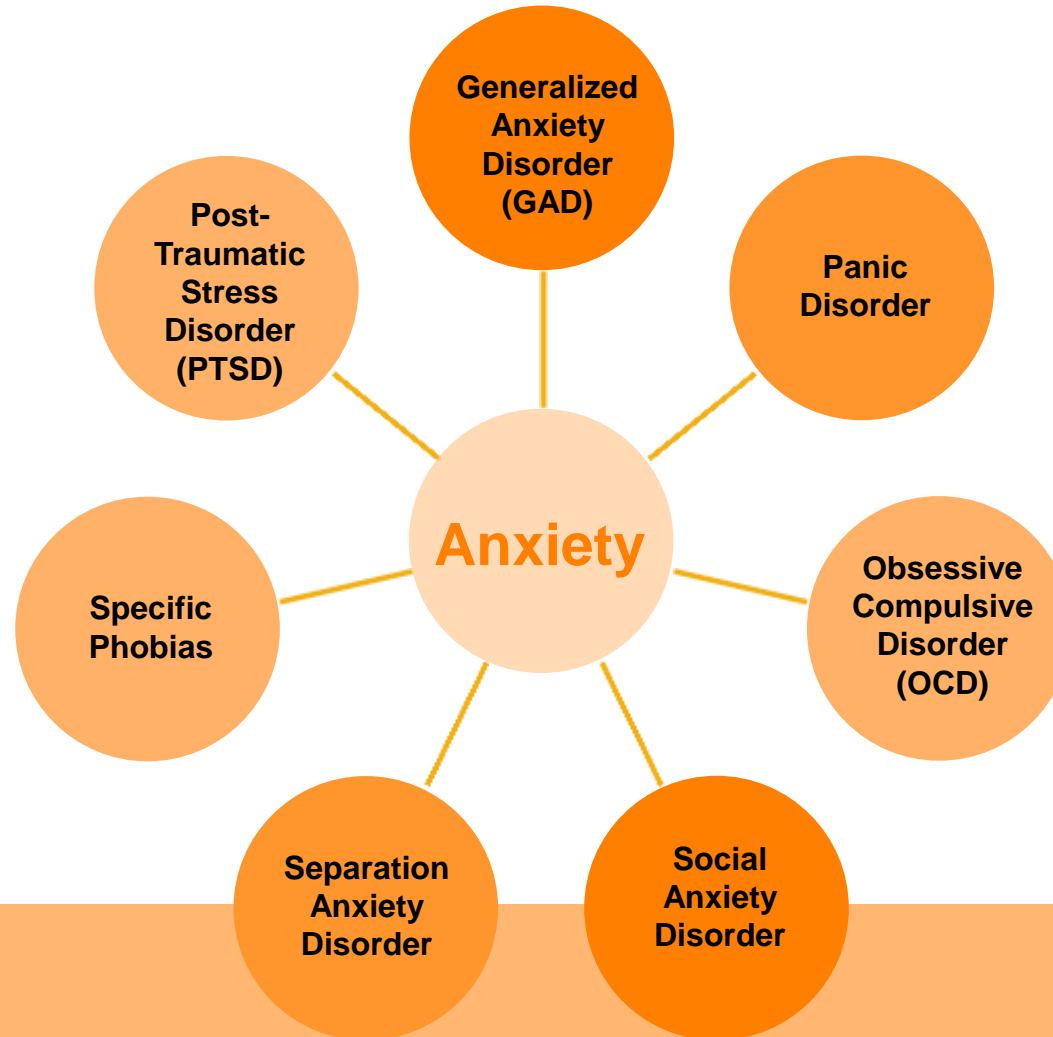
# Depression and anxiety can present in a number of different ways

## Depression

ADULT Depression	ADOLESCENT Depression
<ul style="list-style-type: none"><li>• Persistent sadness</li><li>• Marked loss of interest</li><li>• Disturbed sleep</li><li>• Disturbed appetite</li><li>• Fatigue or loss of energy</li><li>• Agitation or slowing of movements</li><li>• Poor concentration</li><li>• Feelings of worthlessness</li></ul>	<p><b>And/Or</b></p> <ul style="list-style-type: none"><li>• Marked <b>CHANGE</b> in behaviour</li><li>• Often seen as “acting out”:<ul style="list-style-type: none"><li>○ Anger</li><li>○ Risky behaviour</li><li>○ Impulsivity</li></ul></li></ul>

## Fact #2

# Depression and anxiety can present in a number of different ways



## Fact #2

# Depression and anxiety can present in a number of different ways

**Depressed children hide.**



**Anxious children avoid.**

Depressed and anxious children can be hard to reach.

### Fact #3

# Suicide rates are higher in youth with depression and/or anxiety

	Youth experiencing depression	Youth experiencing anxiety
Rates	25x higher	2-3x higher



## Fact #3

# Suicide rates are higher in youth with depression and/or anxiety

## Interesting fact

**There is a DECREASED likelihood of suicide for obsessive compulsive disorder (OCD).**

## Fact #4

# Depression ≠ Suicide

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## Fact #5

# We can support depressed and anxious youth

Pay attention to signs of **DEPRESSION**:

- Changes in or reckless behavior, impulsivity
- Persistent sadness, irritability or anger
- Poor school performance, frequent absences
- Isolation from family and friends
- Closing of social media accounts
- Bleak outlook
- Neglected appearance
- Use of alcohol or drugs

## Fact #5

# We can support depressed and anxious youth

Pay attention to signs of **ANXIETY**:

- Clinging, crying, or tantrums
- Constantly worrying
- Excessive shyness
- Avoiding social situations
- Avoiding situations because of fears
- Complaining of frequent stomachaches, headaches
- Experiencing sudden and frequent panic attacks

## Fact #5

# We can support depressed and anxious youth

- Accommodate the **anxious** student by:
  - Allowing for a **flexible** time schedule
  - Recognizing **anxiety looks different in different students**; e.g. anxious versus oppositional
  - Providing a “**safe**” **place** where the student can go to relieve anxiety
  - Encouraging **relaxation techniques** at school and at home



## Fact #5

# We can support depressed and anxious youth

- Accommodate the **anxious** student by:
  - Offering **choices** to promote a sense of control
  - Minimizing **competition** in the classroom environment
  - Formalizing '**Accommodations**' (e.g. extra time for tests, quiet place)
  - Encouraging **stress objects** if appropriate

## Fact #5

# We can support depressed and anxious youth

- Encourage the student to:
  - **Exercise:** Even light physical activity can help
  - **Avoid alcohol and other drugs:** In the short run they hide sadness, but in the long run they cause more problems
  - **Get plenty of sleep:** Sleeping well is especially important for students with depression and anxiety
- Improvement of mood can be deceptive. **Sudden improvement can be an indicator of acceptance of the suicide option.**

## Fact #5

# We can support depressed and anxious youth

- Help teachers, parents, students learn about depression and anxiety
- Encourage the student to stick with treatment (e.g. counseling, medication)
- Educate all students about depression and anxiety, creating a climate of acceptance and sensitivity

# References

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## **Alberta Health Services**

<http://www.albertahealthservices.ca/2774.asp>

## **Canadian Mental Health Association**

[http://www.cmha.ca/media/fast-facts-about-mental-illness/#.U2v\\_bceCo79](http://www.cmha.ca/media/fast-facts-about-mental-illness/#.U2v_bceCo79)

## **The Mental Elf**

<http://www.thementalelf.net/mental-health-conditions/anxiety-disorders/patients-with-anxiety-disorders-are-more-likely-to-have-suicidal-thoughts-and-actions-says-recent-review/>

## **Mood Disorders Society of Canada**

<http://www.moordisorderscanada.ca/page/quick-facts>

## **National Scientific Council on the Developing Child (Harvard U.)**

<http://developingchild.harvard.edu/index.php/activities/council/>

## **Statistics Canada**

<http://www.statcan.gc.ca/pub/82-624-x/2013001/article/11855-eng.pdf>

## **School and Classroom Strategies: Anxiety**

<http://studentsfirstproject.org/wp-content/uploads/Anxiety-Quick-Fact-Sheet-Strategies-2.24.14.pdf>

## **Complete List of Further Reading Resources**

<http://suicideinfo.ca/LinkClick.aspx?fileticket=oi0wiyv67Qk%3d&tabid=629>