

Warm Line

788-0970



Someone to listen and encourage you!

Volunteers will call you on days & times of your choosing.

Reach out

to others...

Others are

reaching out

to you!

List of resources 

This brochure has been developed by an Ad Hoc Committee on Depression convened by Carthage Area Hospital Community Partners. Its members represent a variety of agencies and service organizations in the North Country community.

Where can you go for help?

Crisis Resources (available 24/7):

Mobile Crisis Services 782-2327
Local Emergency Room or 911

Community Resources

Carthage Area Hospital Behavioral Health Clinic
493-3300

Catholic Charities of the Diocese of Ogdensburg
788-4330 and 376-4141

Family Counseling Service of Jefferson Co.
782-4483

Fort Drum Behavioral Health Department
772-2778

Gouverneur Behavioral Health Services
287-2811

Lewis County Community Mental Health Center
376-5450

Mental Health Association of Jefferson Co.
788-6733

Mercy Center for Behavioral Health
782-7445

North Country Children's Clinic Mental Health
Counseling 782-6400

Northern Regional Center for Independent
Living (advocacy only) 785-8703

Samaritan Medical Center Behavioral Health
Services 779-5060

VA Clinic 493-4180

Vet Center 1-866-610-0358

Warmline 788-0970

See the phone book for listings
of private counseling services.

Websites:

www.jeffersoncountymentalhealth.com
www.northcountynetworkofcare.org

A listing here does not imply endorsement by the Ad Hoc Committee on Depression or any of its members.

BLUE?

Sad

Lonely

Anxious

Stressed

?



??Have you??

- *lost interest in activities you once enjoyed?
- *been blue, sad or irritable?
- *had trouble with sleep....too much or too little?
- *felt as though you have had no energy and must push yourself to do chores?
- *felt bad about yourself, guilty, as though you have let others down, or been negative about your personal appearance?
- *had difficulty concentrating?
- *been moving slowly, so that others have noticed, or been restless and fidgety?

If you have had 2 or 3 of the above for 2 weeks, help is available! See the list of resources.

If you have.....

- *had thoughts that you would be better off dead...or...
- *had thoughts that you might want to hurt yourself or someone else...

Seek help right away!

What can you do to help yourself?

~eat healthy. Don't get drawn into eating junk foods that are high in fats and sugar.



~try to exercise regularly.

~stay connected with the world around you. Find a way to be involved in the community by making friends in your neighborhood, joining a community or religious organization or volunteering. Watching the world go by on TV doesn't count.



~reach out to others. Sometimes in helping others, you may help yourself.



~do something that has a result you can see...scrub a dirty floor, plant a garden, make something.



What if self-help doesn't work?

Don't be ashamed. Many people struggle with depression. You are in good company.

Don't think that you must work through it on your own. It is OK to need help.

Seek out professional help. Resources are listed in this brochure. If you have a church home, talk with the pastor. If you are a student, visit with a counselor.

