

A note on *EVENTOWN*:

If you have questions, concerns, or feelings about depression, mental health, grief, or suicide, the best place to turn to is a trusted adult. Trusted adults can be parents, teachers, counselors, aunts, uncles, your friends' parents, your parents' friends—any adult who helps you feel safe, heard, and not judged. If you talk to this person and still feel unresolved, think about speaking to another adult you can trust.

We are so used to looking for answers to questions online, but some questions are better answered by professionals. Professionals know how to be truthful and compassionate, and they can help you fully understand what is happening inside yourself and your loved ones. Here are some professional resources to turn to:

The Samaritans: [www.samaritansnyc.org](http://www.samaritansnyc.org)

Teen Mental Health: [www.teenmentalhealth.org/learn/mental-disorders/depression/](http://www.teenmentalhealth.org/learn/mental-disorders/depression/)

The Shared Grief Project: [www.sharedgrief.org](http://www.sharedgrief.org)

The Dougy Center: [www.dougy.org](http://www.dougy.org)

KidsAid: [www.kidsaid.com](http://www.kidsaid.com)

National Suicide Prevention Lifeline: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)