

Teen Depression and Suicides

Details

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NJAMHAA represents 170 providers of mental healthcare and addiction treatment providers throughout the state, who have a wealth of evidence that treatment works. For example:

- Kenneth* has bipolar disorder and abused alcohol and drugs while struggling with the breakup of his family. After being hospitalized and dropping out of college, he joined NewBridge Services' Crossroads program, where he discovered an artistic horticultural talent. He is now caring for himself, helping others, working and striving toward long-term goals.
- After receiving treatment and other supports at Daytop New Jersey, Jennifer is attending New York University, aims to become a clinical counselor and has repaired the relationships that suffered as a result of her addiction and related mental health problems.
- At Bridgeway Rehabilitation Services, Matthew received treatment for severe depression and many other support services that enabled him to attend college while working about 30 hours per week. He recently earned an Associate of Arts degree in liberal arts and psychology.

Mental health services are equally effective for younger children. For instance, at NewBridge, play therapy enabled 7-year-old Katie to work through the trauma of moving to a new state and other issues that indicated serious mental health issues. After spending time at NewBridge, Katie has returned to school and is enjoying good relationships with peers and adults.

“There are many more success stories that have taken place or are in progress. Every child and teen deserves the opportunity to thrive, despite challenges and tragedies they may encounter throughout their lives,” Dr. Wentz stressed. “Parents, teachers and fellow adolescents must be aware of the signs of depression and risk of suicide, and urge the people they care about to seek help when they need it.”

To contact local providers, visit www.njamhaa.org and click on “Need Treatment?” in the left-hand sidebar of the home page.

* Names have been changed for privacy.