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Depression outreach resources

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HUNTSVILLE, AL (WAFF) - You are not alone.

As we are reminded all too often, depression is a disorder that does not discriminate. It can affect anyone, from famous people to service members to the everyday citizen. If left untreated, the troubling thoughts associated with depression can sometimes lead to suicide.

It is never too late to ask for help. Please consider the following resources if you or someone you know is battling with depression.

National Alliance on Mental Illness: This organization has a multitude of services and programs that help people nationwide. If you need help now, you can call their hotline at 1-800-950-6264.

National Institute of Mental Health: Learn more about the symptoms, warning signs, and differences between depression and clinical depression.

American Academy of Child and Adolescent Psychiatry: Young people are at just as much risk of depression and suicidal thoughts as adults.

Depression & Bipolar Support Alliance: If you have been diagnosed as depressed or bipolar, you can reach out to those who know exactly what you are experiencing.

National Suicide Prevention Hotline: In addition to online resources, you can call for help at 1-800-273-8255 (TALK).

You can also dial your local 211 service to be connected to a list of doctors and services who can help you in your area.

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- [The Surprising Link Between Your Child's Diet and ADHD \(WebMD\)](#)
- [This \\$4000 Bathroom Renovation will Blow Your Mind \(Porch\)](#)
- [Subtle Symptoms of ADHD in Girls \(Lifescript\)](#)
- [Is this what the Common Core means? \(Business for Core\)](#)
- [What is Bipolar? 3 Facts You Should Know \(Caring.com\)](#)

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