### An Introductory Depression Education Program

Name			
Tanchar			



# Student Workbook

Teen depression is a common and serious mood disorder— but there is hope and help!

## **Discussion Guide**

### Who is Erika?

This program was inspired by a young person named Erika. Erika was a bright light who, sadly, lost her battle with depression in 2004 at age 14.

Erika's Lighthouse was founded in her honor and is dedicated to helping other young people learn about depression and overcome the stigma surrounding mental health disorders.

OVERALL PROGRAM GOALS

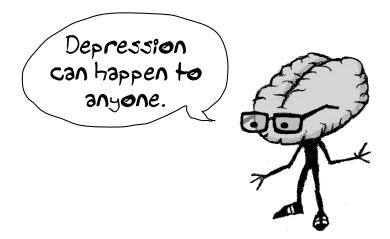
The goals of this program are for you to learn and understand that depression is a common and serious mood disorder and it is treatable.

You can make a difference in not only your own but someone else's life by learning how to get help as well as the skills for maintaining good mental health.

| LESSON 1 OBJECTIVES |

#### By the end of this lesson, I will be able to:

- define that depression is a mood disorder\*. (You will hear the term "brain disorder" in the video.)
- describe the signs/symptoms, risk factors, and resources for depression.
- access a reliable, trusted adult at school.



There is nothing to be ashamed of.
You deserve to reel better.

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# Discussion Guide

### | INSTRUCTIONS |

As you watch Part 1 of the video, begin answering the questions below. Be prepared to participate by sharing what you have learned.

Depression is a common and serious mood disorder that can happen to anyone. It is not your fault if you have it and you are not alone.

1.	Н	ow common	is de	pression in teens?		
[		depressio	n bei	ng people will experience fore they reach adulthood. students in a class of 25.	☐ Teens do not experience depression l.	•
2.	Ca	ın you tell s	omeo	ne is depressed by looking a	at them?	
[		Yes		No		
Dep	ores	sion is ser	ious	and is the #1 risk factor to	o suicide.	
3.	Is.	suicide com	nmon.	?		
[		Yes		No		
tho	ugh		navio	rs. Sometimes genetics ca	in the brain that impacts moods, an play a role in whether or not	
4.	•	there is a hi t depressio	•	of depression in your family	ly, does that mean that you will	
[		Yes		No		
Sor	neti	mes stress	s in tl	he environment can trigge	er depression.	
5.	Do	es this med	an the	at everyone who experiences	s stress will get depression?	
[		Yes		No		
you	ı ne	ed at least	five	symptoms present most e	n order to have the diagnosis of depression every day for at least two weeks. However, ijoyment with depression.	
6.		hat are the ok like in a t		toms of depression? Give an	n example of what that would	
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## **Accessing Information**

Trusted Adult: someone who is reliable, dependable, trustworthy and can help you.

**Validity**: a source of information that is offering correct information and can be trusted.

**Reliability**: a source of information that can be accessed easily and consistently.

QUESTIONS RELATED TO BOOKMARK ACTIVITY

	Describe how you know the trusted adult you put on your	
	bookmark is valid and reliable.	
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	How can you access/find that trusted adult?	
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