

Discussion Guide

| INSTRUCTIONS |

You will work on this in small groups and then review the discussion guide in class with your teacher. Be prepared to participate by sharing what you have learned.

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

1. How common is depression in teens?

2. Can you tell by someone's appearance?

Depression is serious and is the #1 risk factor to suicide.

3. Is suicide common?

Depression is marked by a chemical imbalance in the brain that impacts moods, thoughts and behaviors. Sometimes genetics can play a role in whether or not someone develops depression.

4. If there is a history of depression in your family, does that mean that you will develop depression?

Sometimes stress in the environment can trigger depression.

5. Does this mean that everyone who experiences stress will get depression?

Depression is more than a feeling of sadness. In order to have the diagnosis of depression you need at least five symptoms present most every day for at least two weeks. However, it is possible to have occasional moments of enjoyment with depression.

6. What are the symptoms of depression and give an example of what that would look like in a teen.

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Many famous people have struggled with depression including former President Abraham Lincoln, actress/activist Angelina Jolie, comedian/actor Jim Carrey, Princess Diana, author JK Rowling and musicians Pete Wentz and Demi Lovato.

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Depression is treatable. Just like any other medical illness, it requires professional help. The first step is to tell a trusted adult who can help you take action towards treatment.

7. What are two possible treatment options?

8. Where can you find help in your school or community?

There are many things you can do to help a friend with depression.

9. What are some ways you can support a friend who may be struggling with depression?

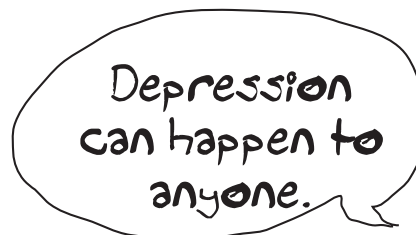
Everyone should know a few ways to get through tough times better.

10. What are some ways to practice good mental health?

All the teens in this video have volunteered to share their true stories and experiences with overcoming depression.

11. Why is it important to understand depression?

12. Why do you think these teens would want to make a video like this?



There is nothing to be ashamed of and you deserve to feel better.