

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.

There are two major types of treatment for depression: talk therapy and medication.

1. What happens in talk therapy?

2. When would someone need medication?

3. What kind of mental health professionals provide talk therapy? What about medication?

4. Where can you find mental health professionals?

5. Why is privacy important in therapy?

Help is available, effective and may take time to see changes.

6. What should someone do if their medication is not working?

7. What should someone do if they are not connecting with their therapist?

There may be barriers to getting help and they can be overcome.

8. What are some reasons someone would not seek treatment for their depression?

9. What are some options for accessing help if money is an issue?

10. What can someone do if a parent or adult doesn't take their depression seriously?

Asking for help for yourself or a friend can be accomplished in three simple steps.

11. What are the three things to remember to say when asking an adult to help you?

1.

2.

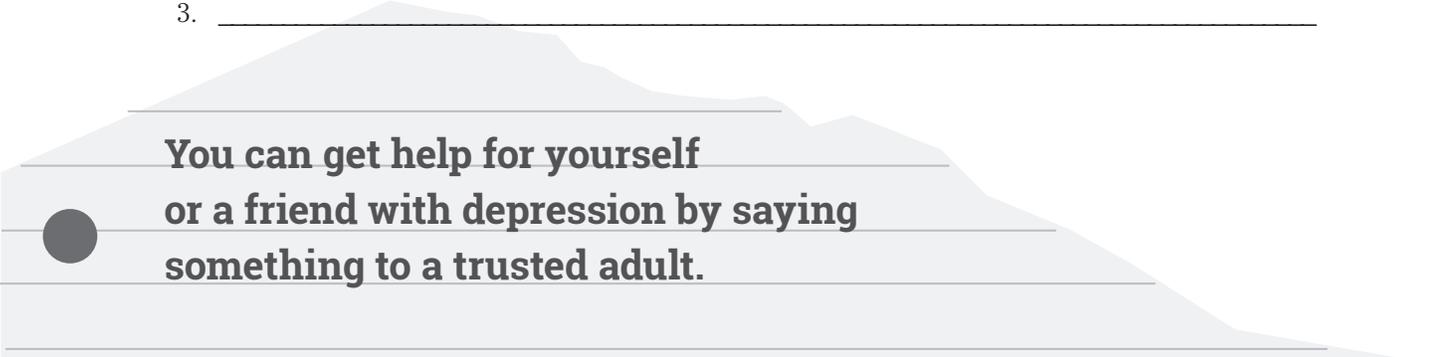
3.

12. What are the three things to remember to say when helping a friend to access support?

1.

2.

3.



**You can get help for yourself
or a friend with depression by saying
something to a trusted adult.**

Exercise

HELPING YOURSELF OR A FRIEND

| INSTRUCTIONS |

After learning how to help yourself or a friend with depression, you will be partnered with another student. Choose one of the four scenarios, and with your partner, answer the questions related to your scenario. Be prepared to share your scenario and response with the class.

Remember when helping yourself, state:

- What you **feel**.
- What you have **tried** to do to feel better.
- How someone can **help** you take action towards seeing a mental health professional.

Remember when helping a friend, state:

- What you **notice** in the friend.
- That you **care** about them.
- How you can **help** them tell a trusted adult.

In 10 minutes, the class will come together to discuss the exercise. Be prepared to share your scenario and response with the class.

BELOW IS AN EXAMPLE OF HOW TO RESPOND.

Example: MASON | AS YOUR FRIEND



Mason has been feeling down lately. Some other changes include not being able to focus in class, appearing tired and losing weight. Mason's dad has had depression before.

QUESTIONS

- As Mason's friend, what action needs to be taken first?
- If you were Mason's friend, how could you use the language from the lecture to help Mason?

ANSWER

Helping Mason to talk to his dad is the appropriate action.

“Mason, I **notice** you have not been able to focus in class, you seem tired all the time and you have even lost weight. In general, you seem down. This isn't like you. I **care** about you and I want to **help**. I think we should talk to your dad about this.”

Example: MASON | AS YOU

QUESTIONS

- If you were Mason, what action needs to be taken first?
- If you were Mason, how could you use the language from the lecture to ask for help for yourself?

ANSWER

Talking to dad about seeing a therapist is the best choice.

“Dad, I've been **feeling** down lately, I haven't been able to focus in class, I'm tired all the time and I don't have an appetite anymore. I've **tried** doing the things I enjoy and nothing seems to be working. I need **help**. Can you help me find a therapist and set up an appointment?”

Exercise

HELPING YOURSELF OR A FRIEND

Scenario 1: CALLIE



Callie has been very emotional lately. She is tired all the time and isn't even interested in soccer anymore. She has been questioning if people really like her, thinking "If everyone else doesn't like you, why should you like yourself?" Callie has been seeing a therapist, but she doesn't feel like she has a connection with her. Callie is close to her coach, Mr. Clark.

If you were Callie, what action needs to be taken first?

If you were Callie, how could you use the language from the lecture to help yourself?

E

Scenario 2: ALAN



Alan has depression and has had suicidal thoughts in the past. He has been seeing a therapist and takes medication, but he does not feel like treatment is working. Alan is starting to think, "what is the point" and has expressed that he wants to stop taking his medication and seeing his therapist. Alan is close with his mom.

As Alan's friend, what action needs to be taken first?

If you were Alan's friend, how could you use the language from the lecture to help Alan?

Exercise

HELPING YOURSELF OR A FRIEND

Scenario 3: JASMINE



Jasmine has not been acting like herself lately and feels like she is “drowning” and can not seem to pull herself out the funk she is in. Her grades have dropped and she has even stopped hanging out with friends. She is afraid if she seeks help, others may make a “mockery” of her. Jasmine is close with her granddad.

As Jasmine's friend, what action needs to be taken first?

If you were Jasmine's friend, how could you use the language from the lecture to help Jasmine?

F

Scenario 4: MAC



Mac thinks he is depressed. He has tried to talk about his feelings to a few friends, however, no one seems to know how to handle it or has minimized it as a part of growing up. Mac does not feel comfortable telling his parents, but at this point, he is definitely getting worse. Mac is close with his art teacher, Mr. McGaw.

If you were Mac, what action needs to be taken first?

If you were Mac, how could you use the language from the lecture to help yourself?
