

Depression and Suicide Awareness

Let's talk for a moment about

Depression



True or False?

Depression is more than just "feeling sad".

True

- Feeling depressed means you might feel some or all of these things:
- Depressed mood
- Feeling tired all the time
- Often feeling sad or lonely
- Eating too much or not eating at all
- Feeling like you are not good enough
- Sleeping too much or not sleeping at all
- Hard time focusing on school work and activities
- Talking negatively about yourself or not liking yourself
- Not being interested in doing the things you usually like to do
- Not wanting to be around friends or family, wanting to be alone

True or False?

Kids don't suffer from "real" depression.

False

While it is normal for kids to be moody, depression can affect anyone regardless of age, race, ethnicity or economic group.

True or False?

Kids who say they are depressed are "weak" and "just need to pull themselves together".

False

Depression is not a weakness, but can be a serious problem.

Both young people and adults who are depressed sometimes need professional help.

A trained professional can help them learn more positive ways to think about themselves, change behaviors, cope with problems or handle relationships.

A doctor can prescribe medications to help cope with the feelings of depression. For many people, a combination of counseling and medication is helpful.

True or False?

False

You don't give a person negative ideas by talking about depression.

The opposite is true. Bringing up the subject of depression and discussing it openly is one of the most helpful things you can do.

Feelings of depression maybe caused by:

- Break-ups (friendship, romantic relationships)
- Being bullied (feeling isolated, rejected or alone)
- Family problems (marital problems, divorce, abandonment)
- Sexual, physical or mental abuse
- Drug or alcohol use, abuse or addiction
- The death of a loved one
- School or work problems (stress, poor grades)
- Unrealistic expectations or sense of failure
- Feeling like you don't belong anywhere
- Financial problems
- Mental illness (including depression)

Sometimes when someone feels depressed for a long time they may have thoughts of wanting to die or end their life

It is important to know.....

Many of you have experienced one or more of these things in the past. Some of you are experiencing several of these things right now. You might even have had a friend that has come to you saying these things to you.....

Remember...

How can you help yourself?

Talk to your parent or a trusted adult

Talk to a good friend

Take care of yourself;

- Eat well

- Get least 8 hours of sleep

- Exercise

- Spend time with friends and family

- Use stress management techniques

Talk to your doctor

Avoid stressful situations

What can I do?

A - C - T

A - C - T

—

—

—

When to Tell

Who to Tell

