This activity will help students explore the topic of depression and will help create a safe environment for students to communicate about difficult topics related to mental health. Complete each section by following the instructions below.

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| **Teacher Led** | **X** | **Requires Computer** | **X** | **Requires myBlueprint.ca** |  |

**LEARNING GOALS:**

1. Students will be more aware of mental health and mental health issues
2. Student will be able to engage in open and honest dialogues around mental health and mental health issues

**MATERIALS:**

* Writing tools
* Computer, tablets or mobile devices
* **Handout [A] - Mental Health Vocabulary**
* **Handout [B] - Emotions Connected With Depression**

**INSTRUCTIONS:**

1. As a class, discuss mental health issues and depression (see ***Discussion Questions*** below)
2. Have students complete **Handout [A] - Mental Health Vocabulary** individually, in pairs, or in groups
3. Divide students into pairs or groups of 3 and have them complete the activity in **Handout [B] - Emotions Connected With Depression**
4. Have each group quickly present their findings to the class

**DISCUSSION QUESTIONS:**

1. What is Mental Health?
2. What kinds of things bring teenagers down?
3. What is depression?
   1. Why do you think there is a “stigma” attached to it?
   2. Why do you think individuals who suffer with depression find it hard to talk about?
   3. What are some emotions that might be connected to depression or suicide?
   4. What would make you know something was wrong with a friend/family member?
   5. What could you do to help your friend/family member suffering from depression?

**HANDOUT [A] - MENTAL HEALTH VOCABULARY**

**Define the following terms:** (*Helpful websites* [*http://www.cmha.ca/*](http://www.cmha.ca/)*,* [*http://www.camh.ca/en/hospital/Pages/home.aspx*](http://www.camh.ca/en/hospital/Pages/home.aspx)*,* [*http://www.helpguide.org/*](http://www.helpguide.org/))

Depression:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signs of Depression:

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Anxiety:

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SAD (Seasonal Affective Disorder)

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Suicide:

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Three places to seek help for Depression or Suicide:

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What is the difference between a Psychologist and a Psychiatrist?

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**HANDOUT [B] - EMOTIONS CONNECTED WITH DEPRESSION**

1. Find a song or poem that deals with an emotion connected to depression.
2. Analyze the song or poem and complete the chart below.

**What song did you choose?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **QUESTIONS** | **ANSWERS** |
| What is the author’s message? |  |
| Give two examples that illustrate the author’s emotions |  |
| How does this connect to depression? |  |
| What emotions did the song/poem evoke in you and why? |  |