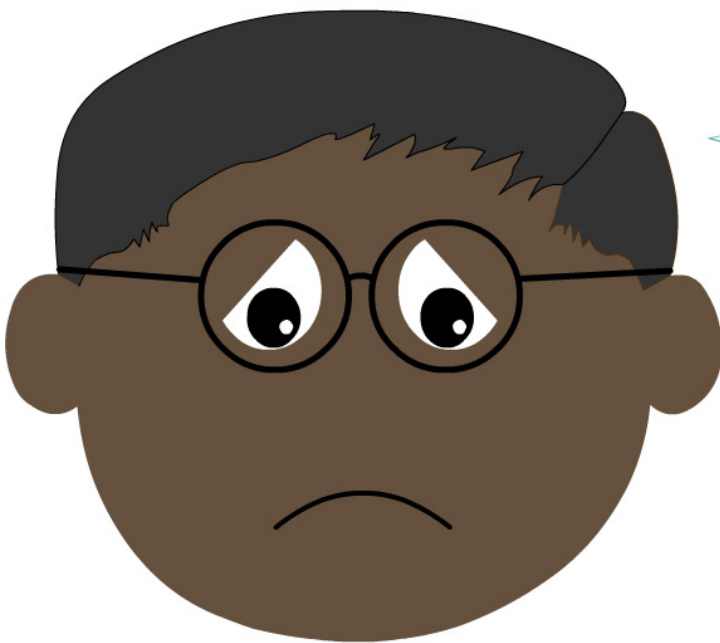


DEPRESSION



FREE RESOURCE PACK: *DEPRESSION*

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Free Mental Health Resource from All Resources

- A free resource which outlines the key points related to each particular issue.
- In clear language, free of jargon and in easy to digest chunks.
- To engage students of all ages and learning styles and help them improve their understanding.
- To enthuse and engage young people and help create a positive learning environment.

This free resource introduces depression and asks: ‘What is Depression?’.

How Can Someone Tell if They Are Suffering from Depression?

Explain to the group that depression is not simply feeling sad. We can define depression as follows:

‘Depression is a long-term medical illness which has a negative impact on how someone feels, how they behave and how they think. It is a feeling of deep sadness and despair which negatively affects a person’s entire outlook on life. A depressed person is no longer interested in activities they once enjoyed, and they are also plagued with feelings of extreme fatigue and worthlessness.’

Depression can affect anyone at any time during their life. It usually affects more women than men and can be completely devastating. Depression is not the same as a temporary feeling of sadness—depression is long-lasting and usually requires medical treatment. Some causes of depression include:

- Genetics—research indicates that depression may run in families. You are more likely to have depression if a close family member also has depression.
- Personality—people who have low self-esteem or who lack confidence or motivation are more likely to experience depression.

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- Hormonal changes—some episodes of depression coincide with changes in hormone levels due to conditions such as pregnancy, thyroid problems, menopause or other conditions linked to hormonal imbalances.
- Environment—you are more susceptible to depression if you have been exposed to poverty, abuse or violence.
- Brain chemistry—evidence suggests certain brain chemicals can lead to depression.

What Makes Me Feel Sad?



Look at the diagram ‘What Makes Me Feel Sad?’

Ask the group to draw their own diagram using the following headings:

- My Own Feelings
- Other People
- Physiological Reasons
- Outside Circumstances

When they have finished, ask them to answer the questions below.

Questions to Ask Students

1. Have you ever felt sad for a long period of time? What did you do to try to change your mood?
2. Is it easy for people to talk about their feelings?
3. What things could make a person feel sad?
4. How would you help a friend who felt overly sad?
5. What help is available in your area for people suffering from depression?

We hope you found this free resource useful.

For **10% off** resources and lesson plans use code **FDEPEB** on our website. For a **25% discount** [fill out our questionnaire online](https://www.allresources.co.uk/questionnaires/depression/).

(<https://www.allresources.co.uk/questionnaires/depression/>)

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