

# **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/).

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