

Depression Awareness



7th Grade Education

Targeted Learning Goals:

1. To define what mental health means.
2. Depression is a common and serious brain disorder.
3. Depression is treatable.
4. You can make a difference in someone's life.
5. Good mental health/wellness is for everyone!

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

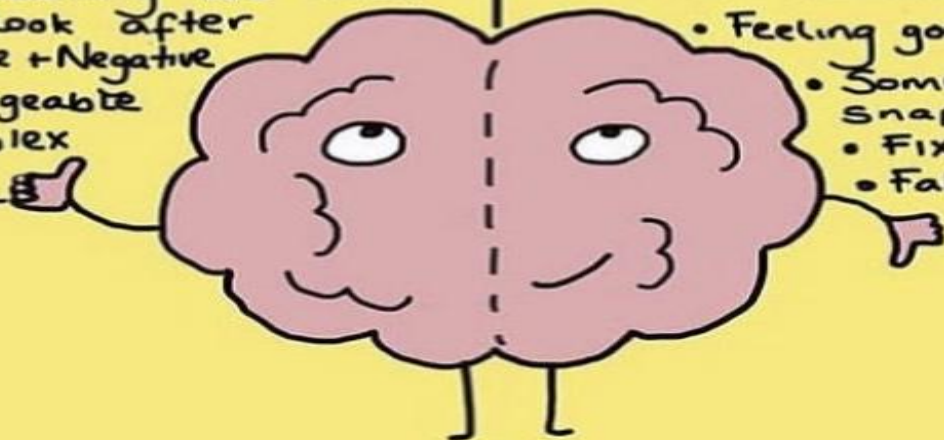
MENTAL HEALTH

IS...

- Important
- Something everyone has
- Intrinsicly Linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



Why Talk About Mental Health and Depression?

- Over the course of your life, if you experience mental health difficulties, your thinking, mood, and behavior could be affected. Many factors contribute to mental health including:

Biological factors, such as genes or brain chemistry

Life experiences, such as trauma or abuse

Family history of mental health concerns

- Mental health struggles are common but help is available. People with mental health struggles can get better and many recover completely.
- Anxiety affects 1 out of every 8 youth.
- Depression affects 1 out of every 5 teenagers.

Erika's Lighthouse Video

Depression Awareness for Middle School
Students

Small Group Discussion

Group Norms-when discussing serious topics, what sort of expectations should we have of each other during the discussion?

Group Logistics-Only one student needs to write for the group. Write down answers for each question and be ready to have a spokesperson share out with the whole class.



TEEN DEPRESSION IS...

Red Flags of Depression

- T** Sad or irritable mood
- T** Restlessness or agitation
- T** Feelings of worthlessness or guilt
- T** Loss of energy
- T** Trouble concentrating or making decisions
- T** Loss of interest in favorite activities
- T** Change in eating habits
- T** Change in sleep
- T** Self-injury
- T** Thoughts of suicide

5 or more symptoms every day for **2** weeks or more

AN ILLNESS

Marked by a chemical imbalance that impacts moods, thoughts and behaviors.



COMMON

15-20% of teens will develop depression before adulthood.

SERIOUS

Depression is the **#1** risk factor for suicide.

TREATABLE

Treatment for depression can include talk therapy or a combination of talk therapy and medication.



Everyone Can Practice Good Mental Health



Eat three nutritious meals per day.



Get 2½ hours of exercise per week.



Get 8 to 10 hours of sleep per night.



Avoid harmful substances.



Do the things and surround yourself with the people that bring you happiness.

If you or someone you know is struggling, tell a trusted adult.

THERE IS HOPE.

IN CRISIS AND ALONE?
Call 1.800.273.8255 or
Text "LISTEN" to 741-741

IMMEDIATE RISK?
Call 911

FIND HELP:

(Your School Mental Health Office)



www.erikaslighthouse.org



What you as a STUDENT can do to help others...

- Demonstrate **kindness** to other students and include them
- **Reach out to classmates** that appear/seem lonely
- Let an adult know **if you are worried about** a classmate
(email an adult, if not an emergency, if you don't want anyone to know)
- **Don't assume** that “someone” else has told an adult
- Take everything **you hear seriously**, don't think “it's a joke”
- When on social media, **pay attention** to posts

Remember...

See Something

Hear Something

Read Something

SAY SOMETHING!

Suicide Prevention

National Suicide Prevention Lifeline-24 hour/7 days a week available to anyone struggling with depression and thoughts of feeling hopeless. Call to talk with someone and get information for yourself or a friend. Available to all ages.

Text “Listen” to 741-741 or call 1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

The Trevor Lifeline Project- 24 hour/7 days a week available to call. Also has a safe chat space or texting resource (those resources are not 24/7). For young people ages 13-24.

1-866-488-7386

www.thetrevorproject.org

It's Not That Weird Videos

- Depression
- Anxiety

Exit Ticket-Google Form

Google Feedback Form