

## **Words Can Work®: When Talking About Depression and Other Mental Health Disorders**

If someone said a person with depression or other mental health disorder was “weak,” how would you respond?

Chamique says it’s a sign of strength to ask for help if you’re depressed. What do you think she means by this?

List two symptoms young people with depression may experience:

- 1.
  - 2.
- Note: Many young people may experience any one of these symptoms at one time or another. When several symptoms persist for at least two weeks, it may be a sign of depression and it’s important to tell an adult.*

Mike was so depressed that he thought of suicide. How did medical treatment change his view of life?

Mike turned to his school guidance counselor for help. What adult could you talk with if you felt emotionally overwhelmed?

If you suspected that a friend was depressed, what would you do?

List one thing Angie learned in therapy:

List two healthy ways someone can cope with stress:

- 1.
  - 2.
- Self-injury such as cutting is a sign of deep distress. If you knew a friend was cutting, scratching, or injuring him or herself, what would you do?

At first, James worried that others would think less of him if they knew he had bipolar disorder. After reading his story, and the others in this booklet, has your view of mental illness changed?

If yes, how?

Chris has a mental illness called schizoaffective disorder. List a symptom of this mental illness.