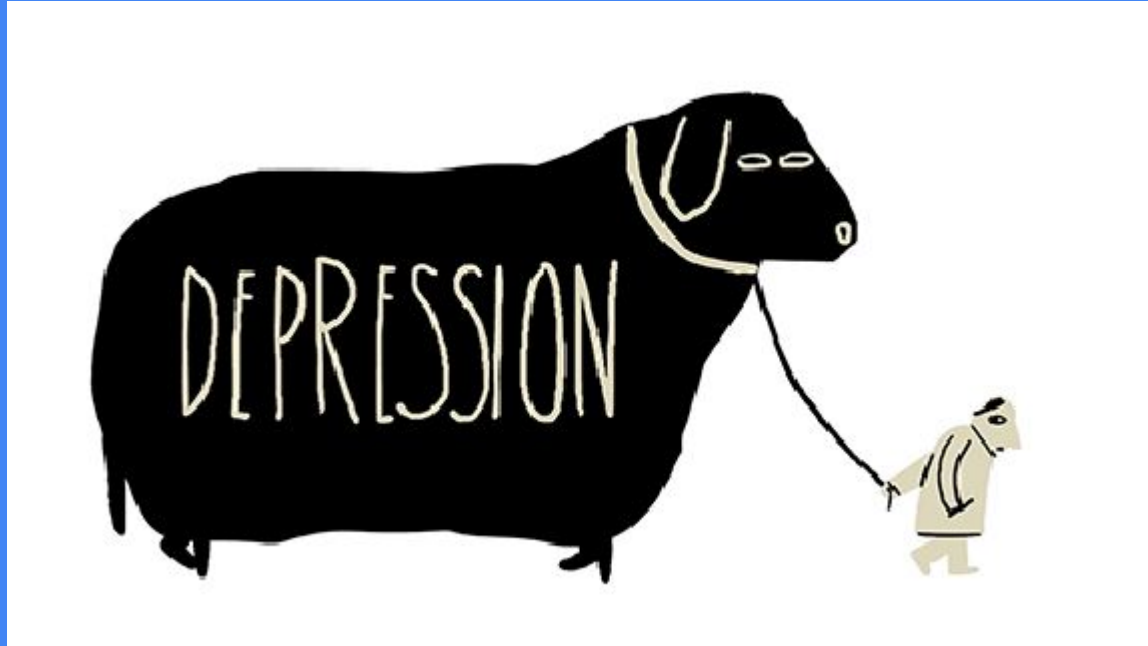


Depression

Aim: How do we identify someone who struggles with depression?



Journal:

What was the saddest moment of your life?

What made you feel this way?

How long did it take you to feel better?

What is depression?

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act.



Plickers

<https://www.plickers.com/library>

What's the difference between struggling with depression and being sad?

A person experiencing sadness can usually find some relief from crying, venting, or talking out frustrations. More often than not, sadness has links to a specific trigger. If this lasts 2 weeks or more this could be a sign of depression

Sadness is an emotion that everyone experiences, often after stressful or upsetting life events. Depression is an overpowering and ongoing mental health disorder that can drastically impact on daily living.

Specific triggers will often cause sadness, whereas depression may have no identifiable cause. Sadness is a part of depression but more temporary in nature.

What are the causes of depression?

-Abuse

-Medications

-Conflict

-Death or a loss

-Genetics

-Substance Abuse

-Illness

Symptoms of Depression

Does anyone know someone that is struggling with depression? What have you noticed? What have they told you about it?

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite – weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

Scenarios

In your group you will need to:

- Identify the depression symptoms
- What could you do as the bystander?
- What could you do as the person struggling with depression?

Coping with depression



Develop a strong support network



Improve your sleep



Develop good nutrition



Create a wellness toolbox



Reduce your stress levels



Avoid procrastination



Learn to curb negative thinking



Keep up with household chores



Ways to Cope With Depression

What are some known depression treatments?

-Therapy

-Medications

Things that help

Sleep

Exercise

Nutrition

Stress Reduction



Suicide

Suicide is when people direct violence at themselves with the intent to end their lives, and they die because of their actions.

A **suicide attempt** is when people harm themselves with the intent to end their lives, but they do not die because of their actions.

A permanent solution to a temporary problem

Statistics

- The average suicide rate in 2017 was **14.0 per 100,000** individuals.
- The rate of suicide is **highest in middle-age** white men in particular.
- In 2017, men died by suicide **3.54x** more often than women.
- **On average, there are 129 suicides per day.**
- White males accounted for **69.67%** of suicide deaths in 2017.
- In 2017, firearms accounted for **50.57%** of all suicide deaths.

What are the warning signs?

- Talking about wanting to die or to kill oneself;
- Looking for a way to kill oneself;
- Talking about feeling hopeless or having no purpose; trapped, burden
- Increasing the use of alcohol or drugs;
- Acting anxious, agitated, or reckless;
- Sleeping too little or too much;
- Withdrawing or feeling isolated;
- Showing rage or talking about seeking revenge;
- Displaying extreme mood swings. (drastic changes in behavior)
- Giving away prize possessions

What to do?

- Get help or talk to them about getting help

- Call 911

- If the situation is stable and you are safe, stay with them!

National Suicide Prevention Lifeline-

Call 1-800-273-8255