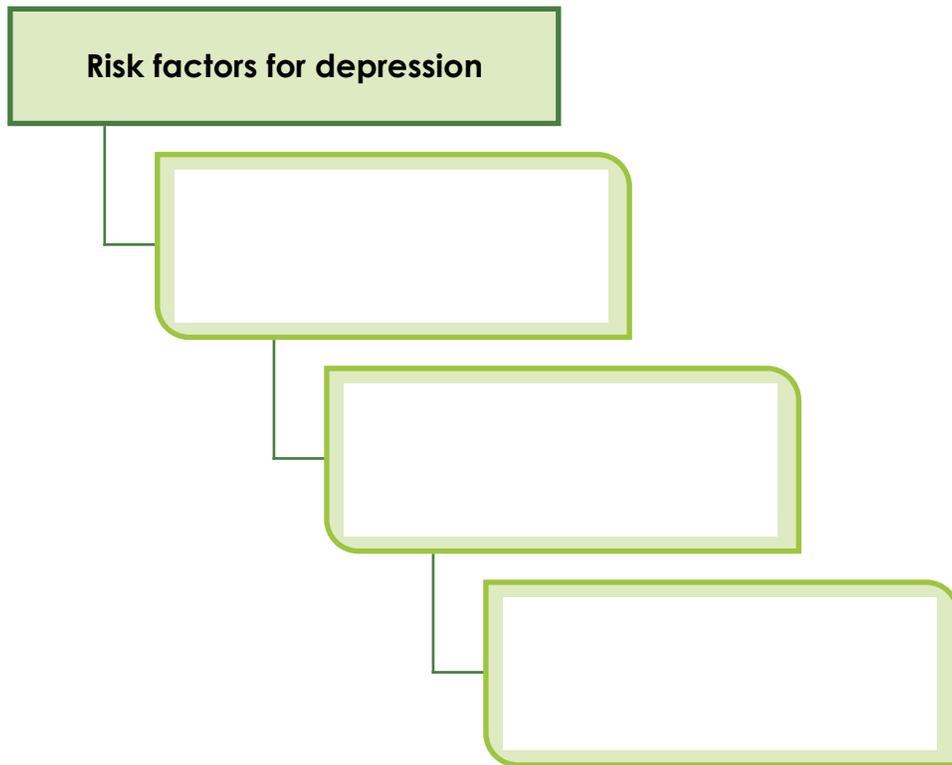


LESSON 7.3 Depression, Suicide, and Self-Harm Note-Taking Guide

What Is Depression?

1. Major or clinical _____ is a common but serious mood disorder.
2. It _____ the way you feel; think; and handle daily activities, such as your schoolwork, sleeping, relationships, and eating.
3. Anyone can become depressed, and over _____ of the population suffers from depression.
4. Between 2009 and 2017, the rates of depression among youth aged 12 to 13 increased by _____.
5. Depression is the _____ common mental health disorder among teens.
6. Use the following graphic to fill in the risk factors for depression.



7. Identify four symptoms of depression.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Specific Types of Depression

8. Identify the specific type of depression in the following blank lines.

_____ disorder: Ongoing major depression that lasts for two years or longer.

_____ depression: Feelings of extreme sadness, anxiety, and exhaustion during pregnancy or after birth. Can severely impact the mother's ability to complete daily caretaking of herself and the child.

_____ depression: Severe depression with false beliefs (delusions) or hearing or seeing things that don't exist (hallucinations).

_____ disorder: Depression during the winter months or in areas where there is less natural sunlight. Typically leads to social withdrawal, increased sleep, and weight gain. Typically returns every year.

_____ disorder: Episodes of extremely low moods that meet the criteria for major depression (called bipolar depression) mixed with extreme high moods.

_____ dysregulation disorder: Irritable or angry mood most of the day, nearly every day. Severe temper outbursts (verbal or behavioral) at least three times per week. Trouble functioning in multiple settings (school, home, etc.) due to irritability.

Depression and Health Conditions

9. When a person is dealing with a major depression, they often struggle to take care of their _____.
10. As a result, people who are suffering from depression can also develop other chronic illnesses, such as high blood pressure, or common illnesses, such as colds and flu, _____.
11. Depression can also happen because a person is dealing with a serious _____ illness (diabetes, cancer, etc.).
12. Once a person becomes depressed, it can make the symptoms of their disease _____. In this way, depression and chronic illnesses become a cycle, each making the other worse.

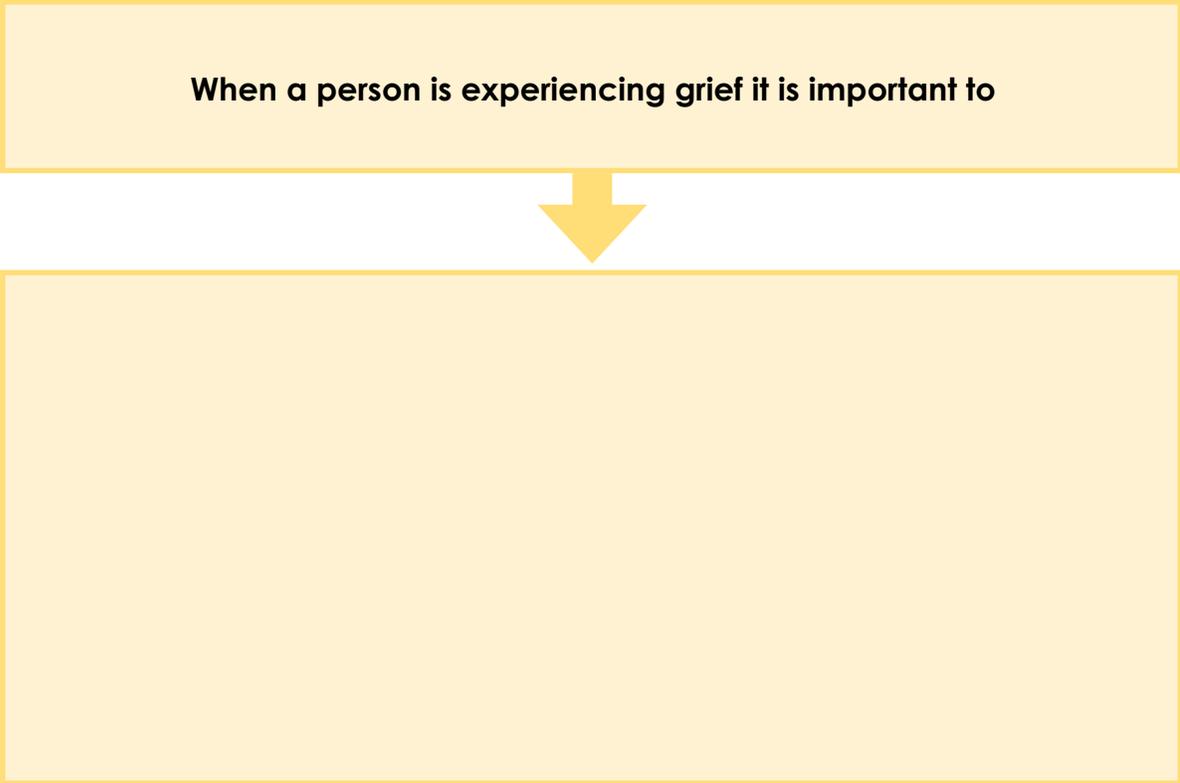
Sadness Versus Depression

13. Sadness is different from depression. Sadness is a _____ human emotion that we feel as a result of a situation or event.
14. When we are sad, we can still carry out normal daily tasks and are generally able to recognize that things will get _____.
15. It is _____ to feel sad when a situation is difficult.
16. Sadness can last for several _____ or even up to two _____.
17. Depression is different from sadness because it is a _____ that a person is in. When someone is depressed, they aren't able to engage in normal daily activities, and they feel hopeless and often don't see a way out.

Grief and Loss

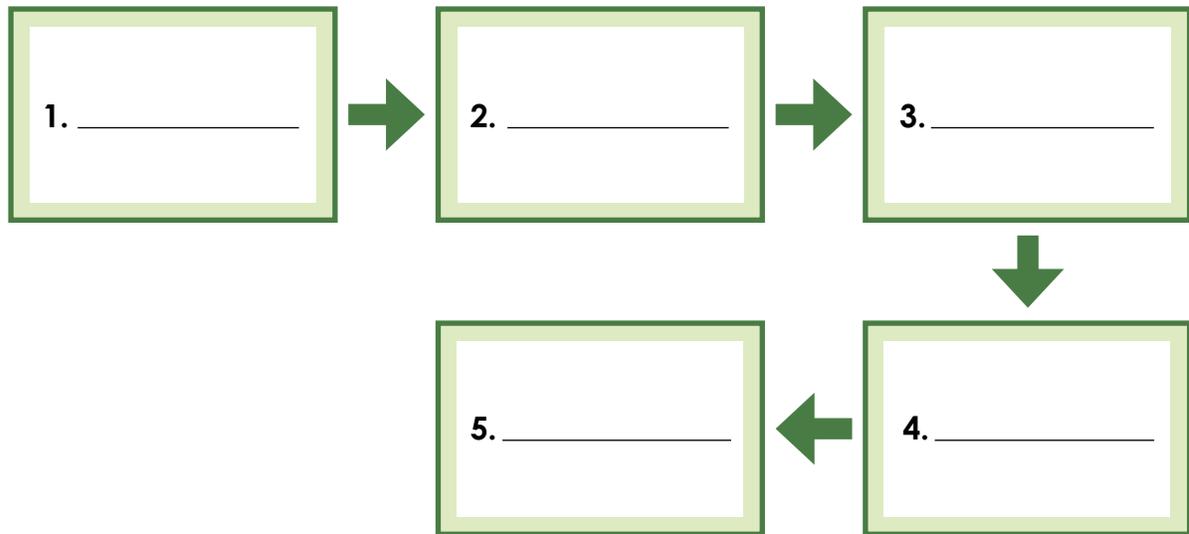
18. Grief is a deep _____ that is caused by the loss of a loved one or pet.
- 19.

When a person is experiencing grief it is important to



Stages of Grief and Loss

20. Identify the five stages of grief and loss.



Understanding Self-Harm

21. Self-harm or self-injury means hurting yourself on _____.
22. Cutting yourself with any sharp object is a _____ form of self-harm.
23. It is estimated that _____ percent of teenagers engage in some form of self-harm.
24. Both _____ and _____ engage in self-harm behaviors.
25. Self-harm is a sign of emotional _____. When people self-harm, they are often doing so as a way of distracting themselves from overwhelming emotions that they can't cope with. These feelings will continue until the root of the problem is addressed and healthier coping skills are learned.

Suicide and Suicide Prevention

26. What is the definition of suicide?

Suicide:	
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Warning Signs of Suicide in Teens

27. Identify the warning signs of suicide in teens in the following boxes.

1.

2.

3.

4.

5.

6.

7.

Reaching Out for Help

28. List two ways you can get help for yourself or others who have risk factors for suicide.