Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_

Senior High Health

Depression Guided Notes

**Definitions:**

1. Life crisis- An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that causes a high level of \_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Clinical depression- long lasting feelings of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, sadness, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Experiencing \_\_\_\_\_ of the nine symptoms for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or longer.

**Symptoms of depression:**

1. worthlessness, deep sadness

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. weight or appetite change

4. loss of interest in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. lack of concentration

6. hopelessness, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, disappointment

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. anxious, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, unable to relax

9. morbid thoughts or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Facts on depression:**

* Depression is not a weakness, it's a serious health disorder.
* 80-90 percent of cases are treatable.
* It affects people of all ethnicities, nationalities and cultural backgrounds
* It will not just “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” if it is ignored
* Although most depressed people are not suicidal, most suicidal people are clinically \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Causes of depression:**

Inability to cope with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Family history

\_\_\_\_\_\_\_\_\_\_\_\_\_\_or other drug use

Chemical imbalance in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Research shows that during our lifetime:**

* 20% of us will have a suicide within our immediate family.
* 60% of us will personally know someone who dies by suicide.

**Suicide is a coping strategy:**

* Suicide is often seen as a means to end unbearable pain. Most people don’t want to die, they just want the pain to \_\_\_\_\_\_\_\_\_\_.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may be a matter of a caring person with the right knowledge being available in the right place at the right time.
* You can be a lifesaver!

**Suicide is a permanent solution to a temporary problem:**

* Suicide often is an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ act.
* Consider that most students who are suicidal seriously contemplate suicide for one day or less.
* Most students who attempt suicide do so under the influence of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Myths about Suicide:**

* Asking about suicide in a straightforward and caring way will not make one suicidal. It will convey your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and invite disclosure.
* Warning signs are often present prior to serious suicide attempts.
* Most people are ambivalent about suicide. Very often it can be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Gender differences, suicide & depression:**

* Depression may be harder to detect in young men since they tend to mask emotional \_\_\_\_\_\_\_\_\_ and are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ likely to reach out for help.
* Young men often exhibit their depression in the form of \_\_\_\_\_\_\_\_\_\_\_\_, physical complaints and increased \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_use.
* While young \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are more likely to attempt suicide, young \_\_\_\_\_\_\_\_\_\_\_\_ are 4-6 times more likely to complete suicide.

**Know the Warning Signs:**

* Observable signs of serious \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Increased alcohol and/or other drug use
* Recent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and taking unnecessary risks
* Threatening suicide or expressing strong \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to die
* Making a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Giving away prized \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Obtaining means of completing suicide
* Unexpected rage or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Show you care:**

* Take ALL talk of suicide \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* If you are concerned that someone may take their life, trust your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Listen \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Let the person know you really care. Talk about your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and ask about his or hers.

Examples:

* + “I’m concerned about you…about how you feel.”
  + “Tell me about your pain.”
  + “You mean a lot to me and I want to help.”
  + “I care about you, about how you’re holding up.”
  + “I don’t want you to kill yourself.”
* Outline a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ plan
* Make arrangements for the helper(s) to come to you OR take the person directly to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of help - do NOT leave them \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Once \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (or hospitalization) is initiated be sure the suicidal person is following through with appointments and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Always tell another responsible \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Never promise to keep admission of a suicide wish a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Reassure the person that help is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and that you will help them get help.

Examples:

* Together I know we can figure something out to make you feel better.
* I know where we can get some help.
* I can go with you to where we can get help.
* Let’s talk to someone who can help . . . Let’s call the crisis line now.
* Encourage the suicidal person to identify other \_\_\_\_\_\_\_\_\_\_\_\_\_ in their lives who can also help:

Examples:

* Parent/Family Members
* Favorite Teacher
* School Counselor
* School Nurse
* Religious Leader
* Family doctor

**Hotlines:**

* National Suicide Prevention Lifeline
* 1-800-273-TALK
* www.suicidepreventionlifeline.org
* In an acute crisis call 911
* Cortland Regional Medical Center
* Crisis Hotline – 756-3771

**Grief:**

When people have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, physical, and spiritual reactions in response to a death or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Elizabeth Kubler-Ross’ Stages of Grief:**

Denial

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bargaining

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Acceptance

**People Who Are Grieving May…**

* feel strong \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* such as sadness and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ reactions such as not \_\_\_\_\_\_\_\_\_\_\_\_ or even waves of nausea
* have spiritual reactions to a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If a person is grieving for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ months or more and you aren't feeling any better, you should talk to someone.

Examples:

* You feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Your grief is so \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that you feel you can't go on with your normal activities.
* Your grief is affecting your ability to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, sleep, eat, or socialize as you normally do.
* You feel you can't go on living after the loss or you think about suicide, \_\_\_\_\_\_\_\_\_\_\_\_, or hurting yourself.

**How to help depression:**

Talk to a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

See a doctor for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Set realistic goals in light of the depression

Break \_\_\_\_\_\_\_\_\_\_\_ tasks into \_\_\_\_\_\_\_\_\_\_\_\_\_\_ ones

Try to be with other people and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in someone

Participate in activities that may make you feel better:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, going to a movie, a ballgame, or participating in

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or other activities may help.

**Caring For Yourself:**

* Remember that grief is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ emotion.
* Participate in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Be with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Talk about it when you can.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ yourself.
* Exercise.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_right.
* Join a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ group.
* Let your emotions be expressed and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Create a memorial or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.