

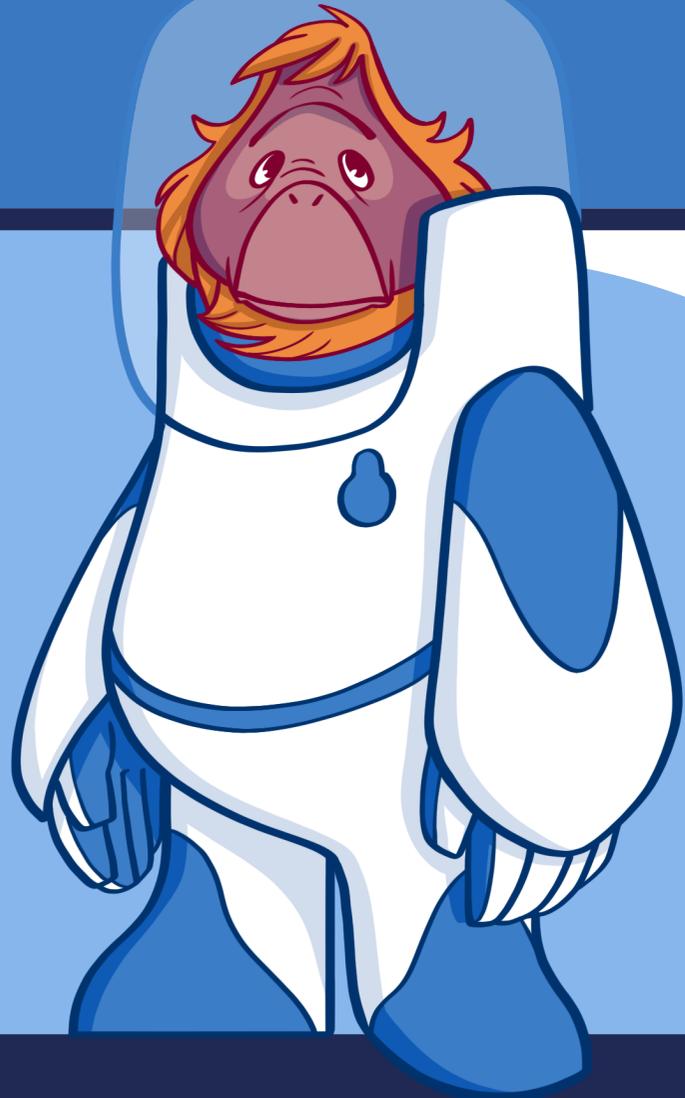
DEPRESSION

THIS KIT WILL WALK YOU THROUGH THE FOLLOWING:

- **defining depression**
- **knowing the signs in kids/teens and adults**
- **how to talk to kids about depression**
- **how to talk to friends or loved ones about depression**
- **how to be resilient**
- **how to manage depression now/long-term**



DEPRESSION



CHARACTER GUIDE

GRAY THE ORANGUTAN

WHAT IS DEPRESSION?

Depression is when feeling low or feeling blue becomes constant or happens a lot of the time. This mental health condition is characterized by continuous sadness, having a "bad mood," or a loss of interest in activities, which can make daily life difficult to manage.

EMPOWERNAUTS

DEPRESSION

KNOWING THE SIGNS

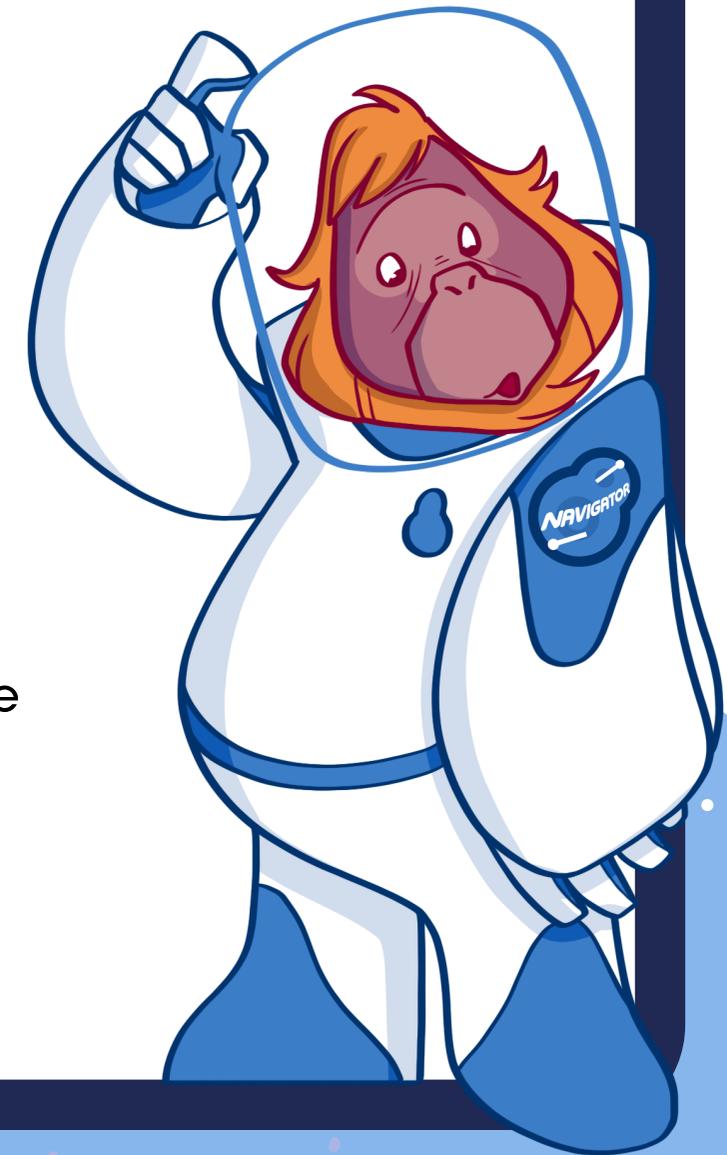
IN KIDS/TEENS:

- Irritable
- Uncooperative
- Hopelessness
- Low self-esteem
- Feeling guilty
- Restless
- Loss of interest in activities & appearance
- Difficulty concentrating
- Weight fluctuation

KNOWING THE SIGNS

IN ADULTS:

- Loss of self-care
- Limited hygiene
- Emotionless
- Angry
- Anxious
- Loss of interest & appetite
- Over-reacting
- Sleeping more than usual



DEPRESSION

HOW TO TALK TO KIDS ABOUT IT

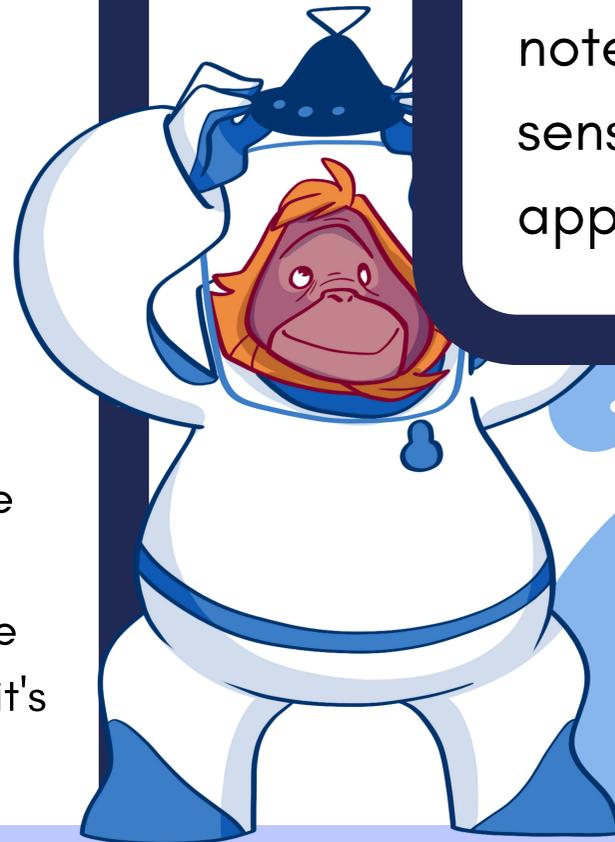
Kids might have a hard time starting the conversation, so it's okay to start.

- "I've noticed you've been (quiet, spending more time alone, really angry, unhappy) lately, are you okay?"
- "How are you feeling?"
- "Is there something you need help talking about?"
- "Is there any way I can help you?"
- "If you want to talk to me about what's worrying you, I'll do my best to help."
- "When you feel sad, what do you think about to make yourself happy again?"

Be ready to listen and empathize with their concerns. Sometimes people just want to talk and aren't looking for advice so listen carefully to what they need. And remember, it's okay to not have all the answers. It can be good to revisit topics with kids if they don't want to talk immediately so it's OK to keep trying.

A NOTE ABOUT SENSITIVITY

The information provided is meant to help those who need guidance and resources. However, please note that these topics can be sensitive to some and should be approached gently.



DEPRESSION

HOW TO TALK TO A FRIEND/LOVED ONE ABOUT IT

- **Let them know you're concerned and what you've been noticing.**
- **Keep their needs in mind and ask them first** if they want help.
- Start with **"I'm worried about you because you seem..."** And follow up by asking **"Do you want to talk about it or vent?"**
- **Listen if they're willing to share** their worries or fears and try not to offer advice if they don't want it.
- **Help them out** with things that might relieve their depression by asking **"What can I do to help?"**
- **Don't feel like you have to have all the answers. Being there for them is incredibly helpful. It's always okay to remind someone that they are not alone.**

A NOTE ABOUT SENSITIVITY

The information provided is meant to help those who need guidance and resources. However, please note that these topics can be sensitive to some and should be approached gently.



DEPRESSION

HOW TO MANAGE DEPRESSION NOW

- Exercise, no matter how rigorous or long, is an effective way to help depression.
- Seek a doctor to make sure there are no other health conditions that might be causing depression.
- Meet with a mental health professional to help evaluate and make a plan.

“Usually it takes a few weeks for the treatment to start working, so it is important to be patient and stick with it.”



DEPRESSION

HOW TO MANAGE DEPRESSION LONG-TERM

- Exercise is an all-natural and supportive method to help fight depression and can boost your mood.
- If you've consulted with a doctor or mental health professional and developed a plan, try to stick to it. If your needs have changed or if the plan isn't working, it's always okay to find a new plan and your mental health professional will help you. A change in medication or counseling may be necessary.
- Medication can be part of the treatment process and doctors can recommend it only when needed. Taking medication isn't always long-term, but be sure to discuss options with your doctor to find the best choice for you.

A NOTE ABOUT RESILIENCE

Kids are usually more resilient than we think, but only when treated with respect and care. See our **Resilience Guide** for more information.

