



M E N T A L H E A L T H

Let's Talk About Depression



Vocabulary

- Grieve
- Depression
- Suicide
- Therapist
- Criticizing

Juan is a 20-year-old man who works at a grape vineyard in Texas. Pablo is his friend. Pablo is worried about Juan. Juan has missed work lately. When Pablo asked Juan about missing work he said, "It's been really hard lately to get out of bed in the morning. I am tired all the time. Everything just seems impossible. I feel like nothing is going to change or get better." Pablo talked to Juan about the time he was depressed. He told Juan how his doctor helped him.

What is depression?

Many people may feel sad for several days or a week or two. A person may *grieve* after a loved one dies. This is normal. Being sad does not always mean you are depressed. *Depression* is different. Depression happens when sadness lasts more than a few weeks. It affects everyday activities like sleep and work. It also affects the ability to enjoy life. Depression can affect anyone at any age. It is a medical condition. If you think you are depressed, get help. It can get better with treatment.

Why do some people get depressed?

There are many reasons for depression. It may happen when:

- A person is facing stressful situations like losing a job or sickness
- A friend or loved one died and the grief lasts longer than it should
- A person may have been in, or seen a serious accident
- Other members of the family have had it
- Some chemicals in the brain do not work well

Sometimes a person can be depressed even if there is no reason.

How do I know if I am depressed?

A person who is depressed:

- feels sad or negative every day for **more than 2 weeks**, **OR**
- feels like he or she cannot manage life as well as before
- **AND** has some of the feelings below:

<ul style="list-style-type: none"> <input type="checkbox"/> feels negative about the future <input type="checkbox"/> has lost interest in activities he or she usually enjoys <input type="checkbox"/> eats a lot more or a lot less than usual <input type="checkbox"/> is often irritable <input type="checkbox"/> can't get to sleep or stay asleep at night <input type="checkbox"/> feels tired throughout the day 	<ul style="list-style-type: none"> <input type="checkbox"/> feels very guilty or does not feel important <input type="checkbox"/> has trouble thinking, paying attention, or remembering things <input type="checkbox"/> has thoughts of death or <i>suicide</i> <input type="checkbox"/> has pain, like headaches or stomachaches, that don't go away with treatment
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Get help if you think you might be depressed.



Where can I get help?

Visit your doctor or *therapist*. To be ready for your visit, write down this information:

- Any changes in life that you think may cause your depression
- When these feelings of sadness started
- How long they have lasted
- How they affect your daily activities
- A list of medicines, vitamins or supplements that you are taking

If you are thinking about suicide call the National Suicide Prevention Lifeline at
1-800-273-8255.



They are open 24 hours a day, 7 days a week.
They speak English and Spanish.



How can I help someone else with depression?

The most important thing you can do is encourage your friend or family member to get help. Here are some ways you can help:

- Tell your friend or relative about the changes you have noticed. Describe why you are concerned.
- Listen to him or her without *criticizing*. Offer hope.
- Help your friend or relative make an appointment with a doctor or therapist. Go with the person to the appointment.
- Invite your friend or relative to join you for fun activities.

If your friend or relative talks about suicide, call a therapist or doctor right away. If you think he or she is in danger of suicide, call 911. Don't wait!



Vocabulary & Definitions

- Grieve:** To grieve is to feel sadness or anxiety, usually after someone dies.
- Depression:** When sadness lasts more than a few weeks. This feeling affects everyday activities and the ability to enjoy life.
- Suicide:** A person who commits suicide takes his or her own life.
- Therapist:** A therapist is a professional who is trained to help people deal with problems.
- Criticizing:** When a person says negative things about what someone says or does it is called criticizing.

Let's Talk About Depression

Listening Activity

Listening Activity

Purpose: To practice listening comprehension

Time: 5 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. State that you are going to read five different sentences twice.
3. Let them know that after you finish reading the sentence for the second time, they need to decide if the sentence is True or False.
4. At the end, check the students' answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clear.

True or False?

Statement	True	False
1. Anyone can suffer from depression.		
2. It is important to get help if you think you have depression.		
3. You may be depressed if you feel sad every day for more than two weeks.		
4. You may not have any reason to be depressed and yet you may suffer from depression.		
5. If you see that your friend has been sad lately you should leave him alone.		

Let's Talk About Depression

Lesson Plan

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> • Dry erase board and markers • Pencils 	<ul style="list-style-type: none"> • “Let’s Talk About Depression” lesson • “Listening Activity” handout • Skills Practice Worksheet • Pre-Assessment • Post-Assessment 	<ul style="list-style-type: none"> • 1 hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic. (5 minutes) • Conduct the Pre-Assessment. (5 minutes) • Introduce the new vocabulary. (5 minutes) 	<ol style="list-style-type: none"> 1. What do you think when you hear the word “depression”? 2. Have you ever known a friend or family member with depression? 3. What could a person with depression do to get better? 4. How can you help someone with depression? <ul style="list-style-type: none"> • Distribute Pre-Assessment, and ask students to turn it in when it is complete. • Write the vocabulary words on the board and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions from the lesson.
Instructions	<ul style="list-style-type: none"> • Read the lesson “Let’s Talk About Depression”. (10 minutes) • Identify the vocabulary words in the lesson. (5 minutes) • Distribute and review the Skills Practice Worksheet with the students and ask them to complete it. Use the Answer Key sheet to verify the correct answers. (25 minutes) 	<ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Activity 1: Students have 10 minutes to complete this activity. • Activity 2: Students have 10 minutes to complete this activity. • Activity 3: Students have 5 minutes to complete this activity.
Concept Check	<ul style="list-style-type: none"> • Conduct Post-Assessment. (5 minutes) 	<ul style="list-style-type: none"> • Students complete Post-Assessment.



Let's Talk About Depression
Skills Practice Worksheet

Name: _____

Date: _____

Activity 1: Let's Read!

Pedro is a farmworker. His wife died a year ago. He feels he cannot recover from this loss. His family lives far away. He is raising his son by himself. He is sad and in a bad mood most days. Things are getting worse lately. Now he doesn't even want to play with his son. He has lost a lot of weight. Last night he was thinking he does not want to continue living. This thought scares him. He knows he needs help.

1. What signs or symptoms of depression does Pedro have? _____

2. How can he find out if he has depression? _____

3. How can you help Pedro? _____

Activity 2: Vocabulary

Identify what Sergio, Selena and Diego are feeling. Write the correct letter at the end of the sentence. Use the lesson if you need it.

- A. Sadness
- B. Grief
- C. Depression

1. Sergio has been having a hard time getting up in the mornings for the past few months. Most days he feels hopeless and full of guilt. Sometimes Sergio wonders if things will ever get better. _____
2. Selena just lost her husband Marcos in a farm accident. She misses him terribly. She feels very sad. It has been three days since his death. _____
3. Diego's best friend Alejandro just moved to Florida. Diego misses his friend. Diego continues to do fun activities with his other friend, Carlos. _____

Activity 3: Listen and Fill in the Blank

Listen to your teacher's instructions carefully and mark the correct answer.

Statement	True	False
1		
2		
3		
4		
5		

Activity 1: Let's Read!

Pedro is a farmworker. He lost his wife a year ago. He feels he cannot recover from this loss. His family lives far away. He is raising his son by himself. He is sad and in a bad mood most days. Things are getting worse lately. Now he doesn't even want to play with his son. He has lost a lot of weight. Last night he was thinking he does not want to continue living. Those thoughts scare him. He realizes he needs help.

1. What signs or symptoms of depression does Pedro have?
 - He is sad and in a bad mood most days.
 - He is not eating; he has lost a lot of weight.
 - He thinks things are getting worse.
 - He thinks life is worthless.
 - He doesn't want to play with his son.
2. How can he find out if he has depression?
 - He can find out by visiting his doctor or therapist.
3. How can you help Pedro? **You can help by...**
 - talking with him about the changes you have noticed and why you are concerned.
 - listening to him without judgment.
 - getting an appointment with a doctor and going with him to the appointment.
 - inviting him to do fun activities.

Activity 2: Vocabulary

Identify what Sergio, Selena and Diego are feeling. Write the correct letter at the end of the sentence. Use the lesson if you need it.

- A. Sadness**
- B. Grief**
- C. Depression**

1. Sergio has been having a hard time getting up in the mornings for the past few months. Most days he feels hopeless and full of guilt. Sometimes Sergio wonders if things will ever get better. **C – Depression**
2. Selena just lost her husband Marcos in a farm accident. She misses him terribly. She feels very sad. It has been three days since his death. **B – Grief**
3. Diego's best friend Alejandro just moved to Florida. Diego misses his friend. Diego continues to do fun activities with his other friend, Carlos. **A – Sadness**

Activity 3: Listen and Fill in the Blank

Listen to your teacher's instructions carefully and mark the correct answer.

1. Anyone can suffer from depression.
2. It is important to get help if you think you have depression.
3. You may be depressed if you feel sad every day for more than two weeks.
4. You may have no reasons to be depressed and yet you may suffer from depression.
5. If you see that your friend has been sad lately, you should leave him alone.

Statement	True	False
1	✓	
2	✓	
3	✓	
4	✓	
5		✓



Let's Talk About Depression

Pre-Assessment

Date: _____

Name: _____

1. Only old people get depression.

Circle the correct answer.

True

False

2. You can get better with treatment for depression.

True

False

3. Some signs and symptoms of depression are:

- a. you are losing or gaining weight
- b. you don't want to do fun activities with your friends
- c. you have problems sleeping
- d. all of the above

4. If you are having thoughts of suicide you can call The National Suicide Prevention Lifeline any day of the week. You can talk to someone in Spanish or English.

True

False

5. What is the best way you can help a friend with depression?

- a. you can talk with the friend and share your concerns
- b. you can listen to him/her
- c. you can help the friend make an appointment with a doctor or therapist
- d. all of the above

Total Correct: _____



Let's Talk About Depression
Post-Assessment

Date: _____

Name: _____

1. Only old people get depression.
2. You can get better with treatment for depression.
3. Some signs and symptoms of depression are:
4. If you are having thoughts of suicide you can call The National Suicide Prevention Lifeline any day of the week. You can talk to someone in Spanish or English.
5. What is the best way you can help a friend with depression?

Circle the correct answer.

True False

True False

- a. you are losing or gaining weight
- b. you don't want to do fun activities with your friends
- c. you have problems sleeping
- d. all of the above

True False

- a. you can talk with the friend and share your concerns
- b. you can listen to him/her
- c. you can help the friend make an appointment with a doctor or therapist
- d. all of the above

Total Correct: _____

What information should you go prepared to share if you go see a doctor or therapist? (not scored) _____