

# DEPRESSION IN SCHOOL

Author: S. D.  
Mentor: M. B.



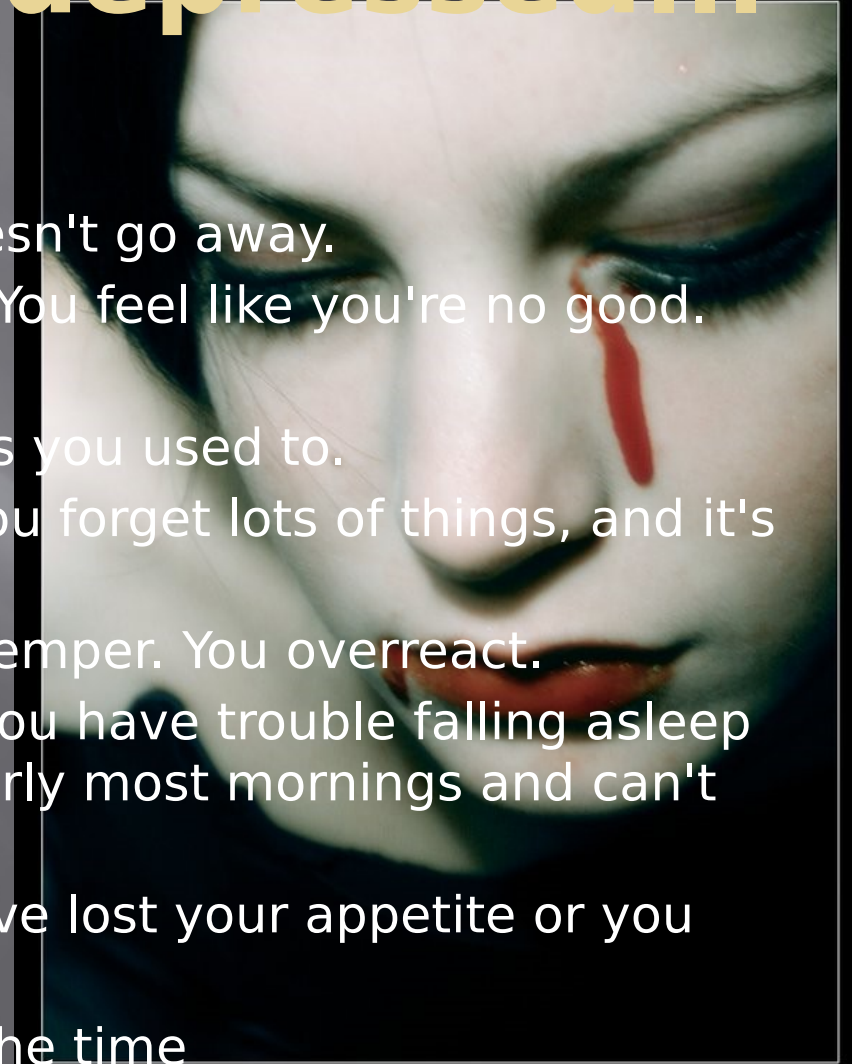
# What Is Depression?

- depression \di-'pre-shən\
  - Depression is a common but serious illness, and most who experience it need treatment to get better.
- Synonyms for depression...



# When you are depressed...

- You feel sad or cry a lot and it doesn't go away.
- You feel guilty for no real reason. You feel like you're no good.
- Life seems meaningless.
- You don't feel like doing the things you used to.
- It's hard to make up your mind. You forget lots of things, and it's hard to concentrate.
- Little things make you lose your temper. You overreact.
- You start sleeping a lot more, or you have trouble falling asleep at night. Or you wake up really early most mornings and can't get back to sleep.
- Your eating pattern changes. You've lost your appetite or you eat a lot more.
- You feel restless or tired most of the time
- You think about death, or have thoughts about committing suicide.



## What are the different forms of depression?



- **Major depressive disorder**
  - a combination of symptoms that interfere with a person's ability to work, sleep, study, eat, and enjoy once-pleasurable activities.
- **Dysthymic disorder**
  - long-term but less severe symptoms that may not disable a person but can prevent one from functioning normally or feeling well.

# Also...

- **Psychotic depression**  
(break with reality, hallucinations, and delusions)
- **Postpartum depression**  
(diagnosed if a new mother develops a major depressive episode within one month after delivery)
- **Seasonal affective disorder (SAD)**  
(a depressive illness during the winter months, when there is less natural sunlight. )



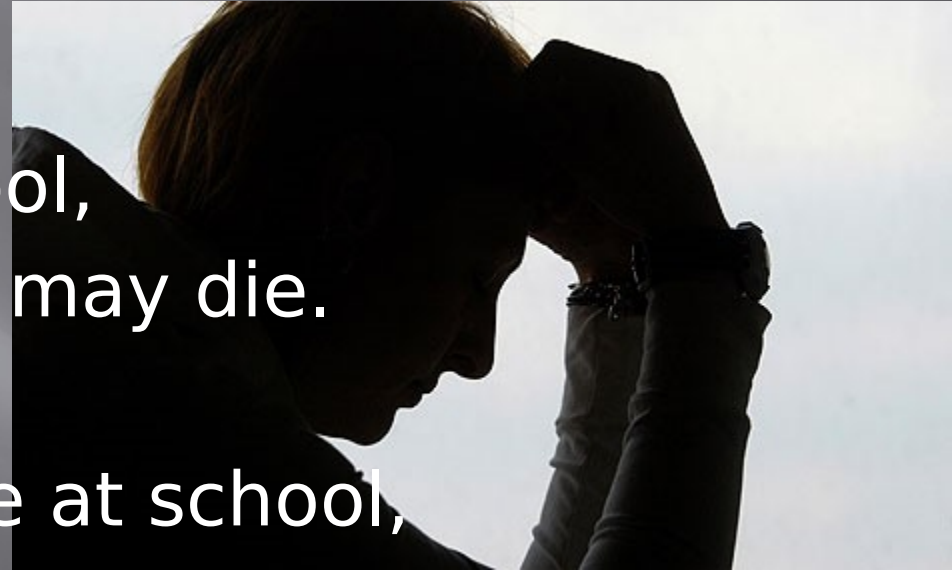
# What are the signs/symptoms of depression?

- Persistent sad, anxious or "empty" feelings
- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies
- Difficulty concentrating, remembering details and making decisions
- Overeating, or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps



# How do children experience depression?

- pretend to be sick,
- refuse to go to school,
- worry that a parent may die.
- *Older children :*
- may get into trouble at school,
- be negative and irritable,
- feel misunderstood



# How is depression treated?

- Medication
- With **Psychotherapy** - "talk therapy"–
- **Electroconvulsive Therapy** - "shock therapy"





# How can I help a friend or relative who is depressed?

- Debate how can you help your friend or relative to solve his depression... Would you offer him/her support? Talk to him?
- Or...
- Your friend is having some comments about suicide...How would you help him and how can you convince him that her/his live is worth living for?



*That's all Folks!*