**M6.WS1 - DEPRESSION**

***Activity – Drawing the face of depression***

* Distribute an A4 paper to all participants and ask them to draw the face of someone with depression;
* Discuss with the participants the following questions:
  + How is depression different from feeling sad?
  + What should you do if your best friend is depressed, but asked you not to tell anyone?
* After discussing the above questions, show the participants M6.PP1 - *The Many Faces of Depression*;
* Have the participants share their thought about what they saw in the presentation.

***Introduction to Depression and Common Symptoms***

Depression, or as otherwise knows as Major Depressive Disorder, is a condition characterized by persistent feelings of sadness and hopelessness. The following are a set of indicators that could possible identify a person with depression:

1. having a depressed mood most of the day, nearly every day;
2. diminished interest or pleasure in almost all activities most of the day, nearly every day;
3. significant weight loss when not dieting or weight gain;
4. decrease or increase in appetite nearly every day;
5. slowing down of thoughts and a reduction of physical movement;
6. fatigue or loss of energy nearly every day;
7. feelings of worthlessness or excessive or inappropriate guilt nearly every day;
8. diminished ability to think or concentrate, or indecisiveness, nearly every day;
9. recurrent thoughts of death, suicidal ideations without a specific plan, or a suicide attempt or a specific plan for committing suicide.

To receive a diagnosis of depression, these symptoms must cause the individual clinically significant distress or impairment in social, occupational, or other important areas of functioning. The symptoms must also not be a result of substance abuse or another medical condition.

Suicide is very much linked to depression and it is important to have a discussion about this during the depression section and linking it to the crisis intervention section.

![Ein Bild, das Text enthält.

Automatisch generierte Beschreibung]()