



Listening

Watch a TED-Ed lesson on Depression.

Watch this video to learn more about depression and how you can help to change the way people think about mental health.



Then, select the correct answer.

- What is the leading cause of disability in the world?
 - High cholesterol
 - Depression
 - Heart attacks
 - Stress
- How many people struggle with depression in the United States?
 - Close to 10%
 - 20%
 - Almost 30%
 - More than 40%
- What can bring feelings of sadness?
 - Getting a bad grade
 - Having an argument
 - A rainy day
 - All of the above
- How long can clinical depression linger for?
 - A few hours
 - One or two days
 - A week
 - At least two weeks
- Which of these are symptoms of depression?
 - Low mood, poor concentration and loss of energy
 - Changes in appetite and sleep
 - Feeling worthless or guilty
 - Recurrent thoughts of suicide
 - All of the above
- What are the physical manifestations of depression?
 - Smaller frontal lobes and hippocampus volumes
 - Abnormal transmission or depletion of certain neurotransmitters
 - Changes in the REM and slow-wave parts of your sleep cycle
 - Hormone abnormalities
 - All of the above
- How long does the average person suffering with mental illness take to ask for help?
 - A week
 - A month
 - A year
 - Over 10 years
- What are the most effective treatments to deal with clinical depression?
 - Painkillers
 - Chocolate and ice cream
 - Medications and therapy
 - Tea and friends
- How can you help a person with depression?
 - Talking about depression openly
 - Encouraging them to seek help
 - Looking up therapists in the area
 - Making a list of questions to ask a doctor
 - All of the above
- How can we help to erode stigma about depression and mental illnesses?
 - Talking about it openly
 - Comparing it to when we feel sad
 - Avoiding talking about suicide
 - Calling people *crybabies*

