DEPRESSION

Xavier suffer from depression. This is a mental health condition which affects 1 in 16 people. It is more than just feeling sad, moody or a little bit low from time to time. Depressive episodes can last for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression affects the way people feel, think and behave. Acute depressive episodes can result in periods of hospitalisation and treatment with medication.

Depression is commonly referred to as the "black dog". This term has been used since Roman times by people including Winston Churchill to describe his own mental state. The analogy of a black dog shows that depression is something people can live with without it controlling the person entirely yet the depression can change from day to day just as a dog can go from being overly excited to aggressive to passive or even sleeping.

Conduct some research and see if you can answer the following questions:

Name 3 famous people who suffer/ed from depression:

What can people do if they think they are suffering from depression:

HPE: ACPPS056 -Examine the influence of emotional responses on behaviour and relationships.

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LIVEWORKSHEETS