

HOMEWORK Nº6

- INDOAMÉRICA -
UNIDAD EDUCATIVA BILINGÜE

Name: _ _ _ _ _

Date: _ _ _ _ _

Objective: To categorize the real and false facts about depression

Instruction: Read each statement and **select only the true statements**

Depression is just a feeling.
You can snap out of it if you try.

Only crazy people get depressed.

DEPRESSION CAN HAPPEN AT ANY
TIME, EVEN WHEN EVERYTHING IS
GOING WELL.

20 out of 100 people have
suicidal thoughts in their lifetime.

Anti-depressants can cure anyone with depression.

Depression only affects adults.

There's nothing you can do
to treat depression.

Depression has no symptoms.

1 in 4 people in the UK
experience a mental health
problem every year

Only unsuccessful people get depression.

Instruction: Ask this questions to a family member or friend and **write** out his or her answers **in the chart**.

Name:

	NOT AT ALL	ONCE IN A WEEK	SEVERAL DAYS	NEARLY EVERY DAY
Unexplained aches and pains				
Inability to concentrate				
Irregular sleep patterns				
Fatigue				
Moodiness & Irritability				
Disturbed sleep				