

# HOMEWORK N°6

- INDOAMÉRICA -  
UNIDAD EDUCATIVA BILINGÜE

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Objective:** To categorize the real and false facts about depression

**Instruction:** Read each statement and **select only the three 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.

Depression only affects adults.

Anti-depressants can cure anyone with depression.

Depression has no symptoms.

There's nothing you can do to treat depression.

Only unsuccessful people get depression.

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

**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             |            |                |              |                  |