



Week 3 - Depression and Despair

BEFORE YOU PLAY THE VIDEO

THINK ABOUT

For Teacher: We recommend watching the video prior to playing it to your students. You know your students, so please use discretion for any student that may be sensitive to certain topics. Have a conversation privately with them to set up their expectations.

THE GOAL OF THIS SESSION

Help students:

- Understand the parts of the brain affected by depression and despair.
- Know how to get help.
- Identify ways to help others.

GUIDE

5 minutes

ICE BREAKER

Say: *Today we are going to talk about despair, depression, and suicide. We are going to talk about what happens in the brain and the steps we can take. This may trigger you if you have struggled with or lost someone to suicide. However, the goal isn't to trigger you with anxiety or grief, the hope is that at the end of this video, you feel comfortable enough to talk to a trusted adult if you are thinking about or planning to hurt yourself. And you will also know what to say to a friend who needs help.*

First, let's break the stigma around mental health.

Raise your hand if you have teeth that you take care of?

That is called Dental Health

Raise your hand if you have eyes you get checked?

That is called Eye Health

Raise your hand if you have ever had a Band-Aid for a cut for your skin?

That is called Skin Health or Skin Care

Raise your hand if you have a brain?

Taking care of your mind is called Mental Health.

Mental Health is no different from any other part of health. Just like we take care of other parts of our body, taking care of our mind is important. Let's take a look at this video.

PLAY THE VIDEO

10 Minutes

DISCUSS

30 Minutes

Break them off into groups or discuss as a class.

1. What are the names for the 3 parts of the brain and their functions that are affected by depression and despair?
2. What are the names of the 2 hormones that were discussed today and what do they do?
3. In your own words, what does it mean to "Feel Felt?"
4. What is empathy? What are 3 things you should do if a friend tells you they want to hurt themselves?
5. If you're not sure whom you can talk to, where else can you find help?

DO THIS *(Activity)*

10 minutes

Pass out a copy of the attached self-grading quiz. Allow them 5 minutes to take the quiz and go over the answers together. Allow students to keep it for reference.

SELF-GRADING QUIZ

1. What are the names for the 3 parts of the brain and their functions that are affected by depression and despair? (circle all that apply)

- a. Hippocampus – memory
- b. Amygdala - emotion
- c. Medulla Oblongata – movements
- d. Prefrontal Cortex - logical processing
- e. Thalamus – sensory

2. What are the names of the 2 hormones that were discussed today and what do they do?

- a. Estrogen
- b. Serotonin
- c. Cortisol
- d. Oxytocin
- e. Prolactin

What do they do?

3. In your own words, what does it mean to “Feel Felt?”

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4. What are 3 things you should do if a friend tells you they want to hurt themselves?

- _____
- _____
- _____

If you're not sure whom you can talk to, where else can you find help?

- a. National Crisis Hotline 1-800-273-8255.
 - b. Suicidepreventionlifeline.org
 - c. Talk to a Teacher or School Counselor
 - d. All the Above
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