

# Depression

All ages

45 mins

An activity that explores young people's experience of depression.

## What you need:

- Copies of the CAMHS comic
- Access to online resources
- Art materials

## Method:

- Distribute copies of the comic which was created by young people who have experienced depression.
- Ask for suggestions of some of the things the young people were trying to communicate about their experience.
- Develop a comic or poster with tips on how to support a friend who is experiencing depression
- Students may find it helpful to look at some online resources:
  - <http://www.healthtalk.org/young-peoples-experiences>  
Youth Health talk has a selection of videos by young people describing their experience of depression
  - <https://www.youtube.com/watch?v=1eQlpUeXmxA>  
**2:56mins** Depression and low mood – a film made by Youth Health talk
  - [www.youngminds.or.uk](http://www.youngminds.or.uk)  
Comprehensive, accessible information about depression
  - [www.thesite.org.uk](http://www.thesite.org.uk)  
Information and tips about dealing with depression
  - [https://www.youtube.com/watch?v=SE5lp60\\_HJk](https://www.youtube.com/watch?v=SE5lp60_HJk)  
**3:07mins** This film from 'time to change' features a young man coming back to school after taking time off with depression. Excellent and suitable for all ages
  - <http://ed.ted.com/lessons/what-is-depression-helen-m-farrell>  
**4:29mins** This animation covers the key points and suggests ways to support a friend with depression. **Suitable for KS4/5**



