

ADOLESCENT DEPRESSION



[Watch the video lesson](#) and then show what you know

1. Depression is a medical illness that affects how you feel, the way you think and how you act.

- a) True b) False

2. To be diagnosed with depression by a doctor, you need to have five or more depression symptoms for two weeks or longer.

- a) True b) False

3. What is the first step in getting help for your depression?

- a) stay in bed
b) talk about it
c) avoid friends

4. Depression is genetic, meaning your risk of developing depression is greater if a family member suffers from depression.

- a). True b) False

5. If a friend tells you they are thinking about suicide and asks you to keep it a secret, you should tell an adult immediately.

- a) True b) False

6. Which of the following is NOT a healthy way to manage depression

- a) talk about it c) Exercise
b) practice mindfulness d) try to just get over it