# Let's talk about **Depression**



It's really important to talk about our feelings with people that we trust, like our parents, teachers and friends.

### How are you feeling today?

Colour in the face that matches your mood















### How would you feel if you made a new friend?

Colour in the face that matches how you would feel.















## How would you feel if you lost your favourite toy?

Colour in the face that matches how you would feel













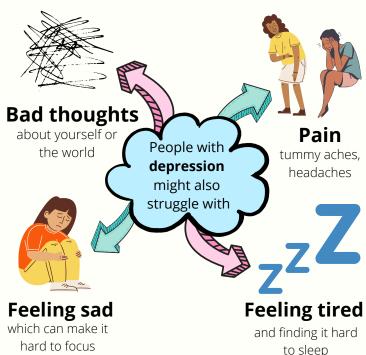
#### Let's make some lists!



We all have things that make us happy and things that make us sad. Sometimes people have **Depression** and struggle a lot with feeling sad.

Let's have a think.

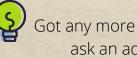




But isn't it normal to be sad sometimes?

Of course! These things are only a sign of Depression if they last a long time or get in the way of the things you normally enjoy





Got any more questions? Why not ask an adult to research Depression together?