

# Let's talk about Depression

 **Oxfordshire Discovery College**

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!

What makes you sad? \_\_\_\_\_  
\_\_\_\_\_

What makes you happy? \_\_\_\_\_  
\_\_\_\_\_



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.



What do you do to feel better when you're feeling sad?

What would you do if you saw that your friend was upset?

Who do you go to when you feel upset?

What comes to mind when you hear the word 'Depression'?



## Bad thoughts

about yourself or the world

## Pain

tummy aches, headaches



## Feeling sad

which can make it hard to focus



## Feeling tired

and finding it hard to sleep

People with **depression** might also struggle with

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?