



## ***#depressionhurts***

### ***Student Guide***

In expanding **#depressionhurts** we've selected students as our first group to speak with, the reasons are pretty straight forward. You guys are an influential group and can also be affected by depression in different ways:

**People** - yourself, your friends, your parents, your family can suffer from depression

**Lifestyle** - self image, bullying, eating disorders, divorce, relationships, pressure of study, finance, abuse can be issues which bring on depression, self harm, suicide

**You are also our best ambassadors to create changes in attitude and remove stigma**

**Attitudes and Stigma** - you have fresh ideas, new attitudes, open mindedness, beliefs about fairness, respect for other people, a new way of regarding and caring for your peers

**Communicators** - you are **THE** communication generation, you have access to and use technology like no generation before has ever done. Facebook, Twitter, Text, Phone calls and more - ***if you guys communicate a message, the message gets out there and we all hear it!***

So you might help by suggesting a Teacher does a session on **#depressionhurts** or when the video is covered in class, we hope you participate—watch the video, think about it's message, talk about what you can do within your educational peer group to start to change attitudes and get rid of the stigma surrounding depression and suicide.

We want you to think about the people you know and learn what to watch out for, to look out for each and know where to get, or how to give support if someone falls behind

What projects can you initiate - arts, literature, sport, science, communication to help bring down the walls of depression and suicide, take the fear from them ?

What will you do to spread the word and make change happen ?

**We'd love every student group to initiate a project to improve self care, peer group care or community care but all we're asking you to COMMIT to is:**

- \* Download and print our **#depressionhurts 'Helpful Hints'** from the website
- \* Cut out and keep with you the information card printed
- \* Print a copy of this for your family, talk with them about depression & suicide, get them to view the **#depressionhurtsvideo** & carry the card
- \* Care about your circle of friends/family
- \* Mind each other's minds, so you stay well and supported

**Please become an Ambassador for #depressionhurts, use your exceptional communication skills to spread the message on social media.**

**Lets dump the bad attitude and stigma and make this place safer for each of the 1 in 4 to feel supported, not fearful**

**We're depending on you to help us make the BIG change.**

**Thank you.**