



# ***#depressionhurts***

## **Teachers Guide**

### **Aim**

The aim of the session is to help students examine attitudes and stigma surrounding depression & suicide and gain their commitment to helping achieve change through their personal commitment and if motivated to do so by a group project.

We know it's by open discussion of these subjects, by educating ourselves and others that they are treatable illnesses, by removing the secrecy and shame surrounding depression and suicide, that our aims will be achieved.

### **What you need**

Viewing equipment suitable for the class size to watch a 7 minute online video.  
Access to the web and **#depressionhurts** website  
Address [www.depressionhurtsireland.com](http://www.depressionhurtsireland.com)

### **What to do**

**First**, access **#depressionhurts** website

On webpage titled '**playing your part**' - you'll find Education button to click on to open a new section containing the tools you need

**Next**, read our **Student guide** to your students.

It explains the education rollout and why the Student group is so important to the success of **#depressionhurts** project.

In it we also ask students, to commit to downloading/printing the **Helpful hints** document and carrying the wallet sized information card.

(\***Helpful Hints pdf** can be found on the website and in the Education section)

We also ask students, if they feel motivated by the subject, to organise their own project to help bring about change—perhaps using technology, literature, art or other medium

**Then** play the **#depressionhurts video 'It starts with you'**.

A direct video link is in the Education section and it can also be found at address link:

<http://www.youtube.com/depressionhurtsvideo>

\***Helpful hints pdf**—downloadable document containing an individual help card for wallets. We're asking every student to commit to downloading this, reading it, carrying the card AND sharing the information through both social media and discussion with family and friends



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### **Discussion**

An important part of the session is to discuss how students feel about depression and suicide, what attitudes they have, perhaps their own experiences.

The subjects under discussion are sensitive, they can bring out deep feelings and emotion. It's important for students to feel safe in the discussion and not to feel judged, though gentle challenge of controversial comment may be required to align with need for change and aims of project.

### **Suggested discussion points might include:**

Response to video—what it meant to them  
Experiences they have had and their feelings  
How they would try to change attitudes and remove stigma  
Judgements we make about people and how that affects our attitudes and behaviour  
What we think depressed/suicidal people are—link to stories on web of real people  
Pressure they may feel in their life and it's effects—importance of balance  
Differences between people—just that —not better, not worse, simply different  
Bullying & it's effects: verbal, emotional, within friendships/relationships, on/off line  
Language and humour and effects it can have on vulnerable person  
Care for your friends  
Where to get help  
Talking and listening  
Buddy system—care for friends/family 'Mind each other's Minds'

### **Summary**

For students '**It Starts With You**'—will you become an Ambassador for change?

Key role for their generation in changing attitudes, helping those feeling depressed or suicidal

### **Commitment**

**#depressionhurts** asks students to commit to downloading '**Helpful Hints**' and the information card.

To carry card and share '**Helpful Hints**' same with family friends

To talk about **#depressionhurts** with their parents and get them to watch video

To commit to support for friends—to 'Mind each other's Minds'

To spread the **#depressionhurts** message via social media and communication

To consider initiating a project to change attitude and remove stigma of depression/suicide through art, sport, science, literature, communication