



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Recognizing Depression

Instructions: Select a character from a book, short story, TV show, or movie that you think is depressed. List the character's name and the title of the book, story, TV show, or movie. List the signs and symptoms of his or her depression. Next list the causes or events that have led to his or her depression. Finally, discuss how the character is handling his or her depression, what kinds of help might be available, and how a friend might be able to offer support.

Character's name:



Book, movie, or TV show title:



Depression signs and symptoms:



Causes:



Help and Support:

