**Mental Health Name: Date: Per.:**

Answer before the video:

1. A close friend or family member just told you that he/she is very depressed (about a break up, being bullied, or problems at home, etc.). Your friend is feeling suicidal. What would you say/do/think?

Watch Confessions of a depressed comic: http://www.ted.com/talks/kevin\_breel\_confessions\_of\_a\_depressed\_comic

Read the handout packet for a transcript of the video and related comic strips.

1. What did Kevin say that you identified with while watching the video (what opinions did he have that you agree with)? What comic strips do you identify with?
2. What did you learn (what ideas or opinions are new to you)?
3. What ideas or opinions are confusing for you? What new questions do you have?

Read the handout packet for supporting people with depression and suicidal thoughts.

1. Compare your answer to the first question before the video to the suggestions in the packet. What are some things you would do/say/think that aligned with the suggestions?
2. What are some things the packet suggests you do/say/think differently (and why)?
3. What ideas or opinions are confusing for you? What new questions do you have?

Answer before the video:

1. What do you think eating disorders are? Why do you think people have them?

Watch Eating disorders from the inside out: https://www.youtube.com/watch?v=UEysOExcwrE

1. How does Laura Hill describe anorexia? (note: the voices in the recording represent **thoughts**, not hallucinations.)
2. How are diabetes and anorexia similar?
3. **Why** does Laura Hill compare the pancreas (in people with diabetes) with the brain (in people with a mental disorder)? How do you feel about this comparison?
4. Should society view mental disorders in the same way as physical disorders/injuries? Why/Why not?
5. Why do people suffering from mental disorders really need to get professional help? What are some reasons why parents and friends not enough?
6. What ideas or opinions are confusing for you? What new questions do you have?

Schizophrenia (note: the voices in this video are hallucinations. They are heard just like there are people nearby talking out loud): <https://www.youtube.com/watch?v=LWYwckFrksg>

Other, strange mental disorders: <https://www.youtube.com/watch?v=7l33pMnQKJQ>

**Drug Vocab**

Use Chapter 9.1 and 9.3 to define the following in your own words: **Drug, Medicine, Drug Tolerance, Withdrawal, Physical/Psychological Dependence, Addiction**

**Drug Vocab Practice** (see back)

**Legal Drugs for 21+ year olds** (ch. 10, 11, 12)

Summarize the short term effects, long term effects, and effects on society for **tobacco**, **alcohol**, and **marijuana**