Lehigh Career & Technical Institute

Teen Depression and Suicide Prevention, Education and Awareness Lesson

Discussion Questions: “More Than Sad: Teen Depression”

Please respond to the following questions after viewing the DVD: More Than Sad: Teen Depression

1. Which of the four students in the film would you have been most likely to recognize as being depressed? Why? Were there any you would not think of as being depressed?

2. What differences did you notice about the ways that depression was expressed in the four students shown in the film?

3. What does the film say about the causes of depression in teens?

4. Several of the students in the film talked about how difficult it is to share feelings of depression with others, even their friends, and how isolated they felt during their periods of depression. Why is it that people have such a hard time talking about depression?
5. One of the teens in the film, Ray, was feeling very anxious and depressed and recognized that he needed help. On his own, he called a mental health clinic and asked to talk to someone. If you felt you needed help, do you think you would take that step on your own? What do you think makes it hard for teens to ask for help, even when they want it?

6. In the film, several boys talked to a school counselor about their friend, Jake, who they were worried about because of the way he was acting lately. Would you have taken this action to help a friend you were worried about? What do you think is the most helpful thing you can do for a depressed friend?

7. What would you do if, unlike Jake, your friend refused to get help?

8. In what ways did the film affect your attitude towards depression?