



Resources

Web sites

- School Mental Health, www.schoolmentalhealth.org
- School Mental Health Project, UCLA, <http://smhp.psych.ucla.edu>
- Center for School-Based Mental Health Programs, <http://www.units.muohio.edu/csbmhp>
- SAMHSA, <http://whatadifference.samhsa.gov>
- National Alliance on Mental Illness, www.nami.org
- Wisconsin Department of Public Instruction, <http://www.dpi.wi.gov/sped/edmhfacts.html>

Milwaukee area
community resources

- Milwaukee County Helpline, dial 211
- Milwaukee Crisis Hotline, 414-257-7222
- Rogers Memorial Hospital, www.rogershospital.org or 414-327-3000

It's Time: Teens Responding to Teen Depression

Suggested CHEC-out activities

1 What do you believe?

Have a class discussion around the "What do you believe?" worksheet that students completed before the program. What did they learn during the program that they didn't know before? If they were to go back and complete this worksheet again would they change any of their answers? Why or why not? The discussion guide can be found at: http://www.bluekids.org/educators/fto_pg_teendepression.asp

2 Types of depression

There are several different types of depression-related illnesses. Examples include: anxiety, bi-polar disorder, bulimia, anorexia, major depression, dysthymia, obsessive compulsive disorder, post traumatic stress, seasonal affective disorder (SAD). Have students choose one illness to research. Have them report their findings back to the class.

3 Reflection

Allow students to reflect on the program through written word, poetry, music, art, etc. in response to the following:

I thought ... and then I learned ...

I felt ... and now I feel ...

I did ... and now I will do ...

4 Support a friend

Remember A.C.T.

Acknowledge it's real.

Show you **care**.

Talk with others who can help.