

Instructions for use: Fill out using Acrobat Reader then save to your PC once completed.

Unit 1: Understanding depression

Activity 1: Case Study

In response to the case study, answer the following questions:

Write your ideas below.

1. What triggered Jessica's depression?

2. What symptoms does Jessica have?

3. How are her symptoms impacting on her daily life?

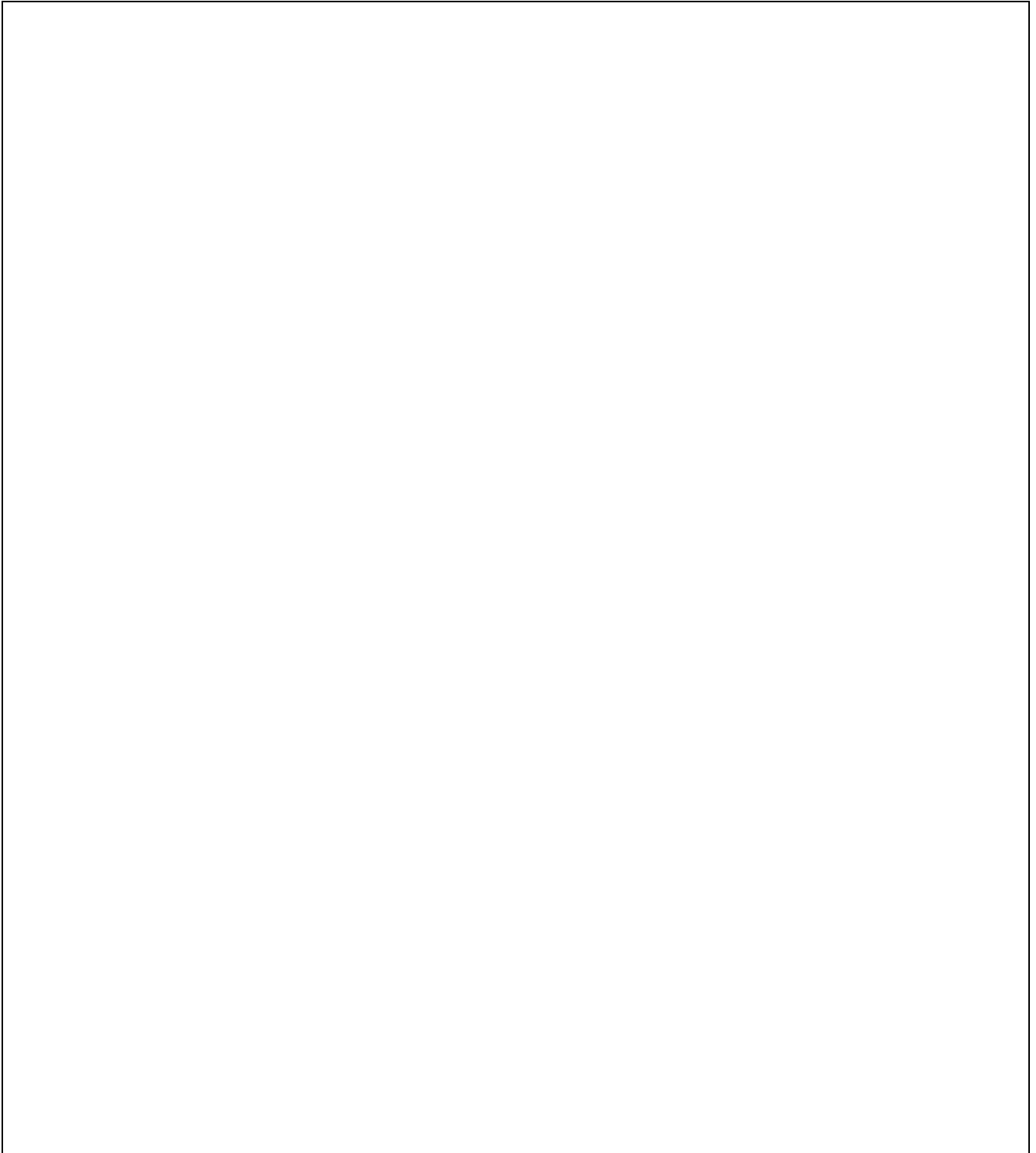
4. How can her husband help her?

5. What are the risks of not seeking help?

Activity 2:

What issues does this raise for the person's family and friends?

Write your ideas below.

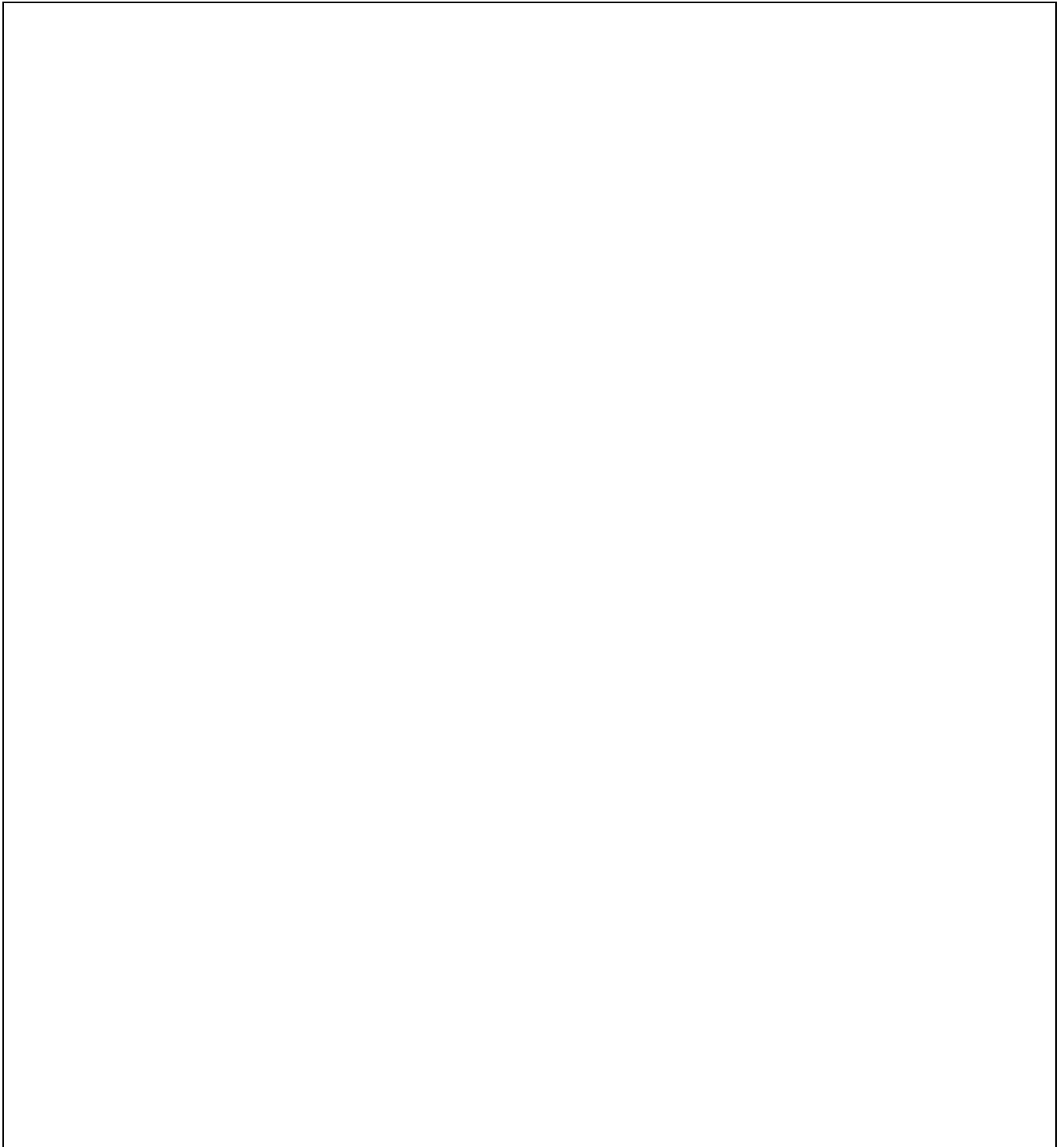
A large, empty rectangular box with a thin black border, intended for the student to write their ideas in response to the activity question.

Activity 3:

Identify the demands in your own life and how you deal with these?

How do you think a person with depression might react to the demands you've listed?

Write your ideas below.

A large, empty rectangular box with a thin black border, intended for the user to write their ideas and responses to the activity questions.