



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

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

## Depression Factsheet for Students

Instructions: Read the KidsHealth.org articles related to depression, then complete this handout. After reading this handout, students should know what to do if they or a classmate or friend is feeling depressed.

**What depression is and what can cause it:**

**Signs and symptoms of depression:**

**What to do if you or a classmate is feeling depressed:**