



Name: _____

Date: _____

Quiz

1. Someone who has been feeling sad, hopeless, or discouraged for weeks may be _____.
2. True or false: Anyone can become depressed.
3. True or false: Depression can last for years if it's not treated.
4. True or false: Depression can cause physical symptoms like stomachaches and headaches.
5. Underline the healthy things that might help improve your mood if you're depressed:
 - a) Exercising
 - b) Thinking about things you're grateful for
 - c) Dwelling on your problems
 - d) Drinking alcohol
 - e) Talking to someone you trust
 - f) Going for a walk
 - g) Doing something you enjoy
 - h) Eating a box of doughnuts
 - i) Being alone in your bedroom or basement