



DBSA "TEEN DEPRESSION INITIATIVE"

A free program designed to help teens recognize the signs of depression and to understand the importance of seeking early intervention.

Offered by:

DBSA Colorado Springs

"We've been there. We can help."

45-50 Minute Student Presentation

- I. Introduction by a DBSA Chapter Representative: 3 Minutes
 - A. Introduction: Today's presentation & Guest Speaker*
 - B. Pre-film "Pop Quiz"
- II. Video Presentation: "Day For Night" (26 Minutes)
- III. Class Discussion: 20-25 Minutes
 - A. Viewer responses to video (conducted by guest speaker)
 - B. "Pop Quiz" answers (time permitting)
 - C. Guest Speaker's own personal story
- IV. Closing: 3-5 Minutes
 - A. Handouts: DBSA publication for teens, "Is it Just a Mood...or Something Else?", "Something in Common" famous people list, local DBSA chapter brochures & support groups meeting schedule
 - B. Acknowledgements

*Guest speaker will be a recent high school graduate or college student DBSA member diagnosed with a mood disorder who has had experience working with and presenting to teens.

DBSA Colorado Springs is an affiliate of the Depression and Bipolar Support Alliance (DBSA), the leading patient-directed national organization focusing on the most prevalent mental illnesses. Visit their Website at: www.DBSAAlliance.org