

Activity 12

Estimated Time: 10 minutes

Think about a person you know that might be depressed. Imagine that you want to help them through their depression, but you are not sure where to start. This is a common scenario, and you might find yourself facing it right now.

Wherever you stand, think about what you have learned in this course and come up with a script that you can use when talking to a specific person in your life. Make sure to write down a few opening lines, and then write down a few things that you would like them to know. Finally, offer your support to help them through their depression.