

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

**Health Podcast Activity Worksheet**

**Episode 3: The Facts About Depression**

**Activity A: Listening and Learning**

Directions: Download the “Facts About Depression” podcast from [www.glencoe.com](http://www.glencoe.com). As you listen, write down the main ideas to help you complete the activities. Discuss the information on depression from the podcast with your classmates and then answer the questions below.

1. How many young people suffer from depression in America?

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2. What are the two kinds of depression?

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3. Name four warning signs of depression.

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4. What are three things that might help someone who is depressed feel better or get the help they need?

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## Health Podcast Activity Worksheet

### Episode 3: The Facts About Depression

#### Activity B: Helping Others Deal with Depression

##### Spread the Word – There's Help for Depression

Working with your classmates, make a list of resources for people seeking help with depression. Include both online and community resources. The list should have the contact information for counseling centers, mental health professionals, and help/crisis lines. It should also include the addresses of websites where teens can get information. Some good places to start include: The National Mental Health Association (NMHA) <http://www.nmha.org>, the American Foundation for Suicide Prevention <http://www.afsp.org>, and SafeUSA <http://www.safeusa.org/>.

Once you have your information, work with your classmates to create a Public Service Announcement (PSA) for distribution as a podcast. To create a PSA:

1. Write a short script that explains what depression is, what causes it, and what are some of the symptoms. Remember that your PSA will be read aloud, so keep your sentences short and easy to understand.
2. Explain that there are many resources to help people with depression.
3. List the resources that you have identified in your community and online.

Finally, using the tools at [GCast.com](http://GCast.com), record your podcast by phone:

1. Register at the site and create a user name and password. You do not need to use your real name or provide any personal information to use this tool.
2. Click on "Record by Phone" in the left hand column and follow the instructions on the screen. Be sure to note the name/address of your Podcast channel so you can send people online to listen to it. Record your PSA. (Note: you can also use a prerecorded audio file by using free software that is available on the Internet)
3. When you are satisfied with the results, email the name and address of your PSA/Podcast to your teacher, and/or have or her post the PSA to your class web site.