



Sadness and depression

The Black Dog



The Black Dog

As we gather today, please set a reflective and respectful tone by pausing, stopping what you are doing, closing your eyes, letting the busyness of the day to subside and allowing calm breathing to help you focus.

Please listen to the following prayer.

<https://youtu.be/0ApcVdSX96U?list=PL58g24NgWPIy4HUUWplqHmXz0GCEcFy5Vw>

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We continue to listen to the feedback our pupils give; we are aware that there are many areas you would like support and guidance with.

We understand that there are lots of things you feel you are having to deal with, all at the same time, and it seems difficult to get a balance.

Please continue to talk to those you trust, that includes teachers at school.

If you would like to use previous presentations regarding specific topics, please follow the link below.

Alternatively, you may be looking for self-help or additional information, our school website has so much information and great advice from professionals.

<https://www.sjhs.newport.sch.uk/page/?title=Health+%26amp%3B+Wellbeing&pid=104>

Have you tried following our wellbeing twitter account? Worth a try.

@SJHswellbeing





My biggest fear was being found out.
I worried that people might judge me.

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What is depression?

We all feel low, sad or down at times, but if your negative emotions last a long time or feel severe, you may have depression.

Depression is a mood disorder where you feel very sad/down all the time. Depression can happen as a reaction to something in your life, for example bullying, negative friendships, self-esteem, academic pressure or family circumstances.

Depression often develops due to high levels of anxiety/stress that are experienced over a long period of time.

Depression is one of the most common types of mental illness. It is hard sometimes to feel optimistic when you're depressed, HOWEVER there is lots of support available to help you feel better.

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Depression affects different people in different ways. Symptoms can include:

- not wanting to do things that you previously enjoyed
 - avoiding friends or social situations
 - sleeping more or less than normal
 - eating more or less than normal
- feeling irritable, upset, miserable or lonely
 - being self-critical
 - feeling hopeless
 - maybe wanting to self-harm
- feeling tired and not having any energy

Just because you experience one or more of these symptoms does not mean you have depression; however, it may be a good idea to **talk to your GP to get a full picture.**





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The **Black Dog** Campaign was created as a celebration of the charity SANE's 25th anniversary in order to highlight depression and other mental health conditions and encourage people to seek help/**break the stigma**. It has since proved immensley popular and is still growing in strength and numbers of supporters.

The image of the Black Dog has been used from classical mythology through medieval folklore to modern times as a universal metaphor for depression and other mental illnesses.

Sir Winston Churchill famously used it to describe his darker moods.

Today the image represents the commitment to raise awareness of mental illness.

The following clips are designed to enable people to visualise just how powerful, dominating and unpredictable depression can be, whilst also giving hope: dogs, like mental health conditions, can be tamed.

The Black Dog

Q- Why would the black dog get bigger?

Q- How can we prevent this from happening?

Q- Try and remember 5 things that will help someone cope with or avoid depression.

- <https://youtu.be/XiCrniLQGYc>

4.18 mins

Q- Look for the black dog in each picture, what does it represent?

Q- How can we help ourselves or others?

Q- Discuss with the person next to you the five main points you learnt from each video.

- <https://youtu.be/2VRRx7Mtep8>

5.57 mins



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So, we now know what depression looks like in ourselves or others, but how could it affect someone's job, life, family or relationship?

Listen to this very honest and open account given by an Australian fire fighter.

Q- How did he get help?

Q- Who did he turn to?

Q- Was feeling better an easy or quick process?

<https://youtu.be/8cuznh2RiR4>

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Anyone can suffer from depression.

Getting help and talking to others is key.

The following organisations/links will be able to give professional advice-

- <https://youngminds.org.uk/find-help/conditions/depression/#what-is-depression?>
- <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>
- http://www.sane.org.uk/what_we_do/black_dog
- <https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/>
- <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/children-depressed-signs/>

Depression
Get Help
Be Helped

