



More Than Sad: Teen Depression

Date: 2010 (For resources, this is the publication date. For programs, this is the date posted.)

Information

Type: Program/Practice, Education/Training Program, Video/Audio Recording

Organization: American Foundation for Suicide Prevention

Costs:

The *More Than Sad: Teen Depression* DVD is part of a two-DVD set that can be purchased from [the AFSP store](#) [1] for \$59.95. Visit the [More Than Sad](#) [2] page to download the Facilitator Guide and other materials.

Contact

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Developed by the American Foundation for Suicide Prevention (AFSP), *More Than Sad: Teen Depression* is an original 26-minute film developed for high school-aged audiences. The film features vignettes of four teen characters whose depression manifests in different ways. Each of the characters is referred to treatment in a different manner—by a parent, by self-referral, by a school counselor, and by a physician. Scenes portraying interactions with mental health professionals are included to demystify treatment. Key messages of the film include:

- Depression is a common problem that can interfere with teens' ability to function well in school, enjoy hobbies or activities, or interact effectively with friends or family members.
- Depression is an illness, not a character weakness or something that people bring on themselves.
- Depression may develop after a particularly upsetting event or situation, but also develops in young people who may not seem to have any reason to be depressed.
- Depression usually doesn't go away on its own and if left untreated may lead to serious consequences, including suicide.
- Effective treatments for depression are available.

The facilitator materials are downloadable from the [AFSP website](#) [2] and include a detailed Facilitator's Guide that outlines recommendations for showing the film in classrooms or other small group settings, frequently asked questions, and a suggested lesson plan with discussion questions. Other materials include a depression resource list for teens, facts about depression in teens, a short quiz (for evaluating students' knowledge before and after the presentation), a model school policy, and a postvention toolkit.



Program Objectives

After viewing the film, teens should:

1. Be able to recognize the signs and symptoms of depression in themselves or their friends.
2. Understand that depression is a medical illness for which effective treatment exists.
3. Be more willing to seek help if depressed and encourage depressed friends to seek help.

Implementation Essentials

- Teachers and others who show *More Than Sad: Teen Depression* should first carefully prepare by reviewing the Facilitator's Guide and other materials and should follow the outlined recommendations for delivering the program.
- In particular, teachers should become familiar with their school's crisis management plan and procedures for referring students for mental health evaluation.

2012 NSSP Objectives Addressed:

Objective 7.1: Provide training on suicide prevention to community groups that have a role in the prevention of suicide and related behaviors.

Links within this resource

[1] <https://store.afsp.org/afsp/product/C167A81B-8FBB-4586-9E83-79B805F5BCC0>

[2] <https://afsp.org/our-work/education/more-than-sad/>

[3] <mailto:info@afsp.org>

[4] <https://afsp.org>

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