

Name _____

Hour _____

Out of the Blue Article and Class Notes

1. What are signs and symptoms of depression?

2. Explain each point of advice the article gives to help battle depression.

A.

B.

C.

D.

E.

F.

G.

3. How is depression treated?

4. Glossary – Summarize

A. Major Depression

B. Dysthymia

C. Bipolar Disorder

D. Seasonal Affective Disorder (SAD)