What is Depression?

There Are Three Signs Of Anxiety:
1. ______________________________
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   ______________________________
   ______________________________
   ______________________________
   ______________________________
   ______________________________

2. ______________________________
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   ______________________________
   ______________________________
   ______________________________

3. ______________________________
   ______________________________
   ______________________________
   ______________________________
   ______________________________
   ______________________________

Supporting Someone With Anxiety or Depression:
Talk to them openly and ask how they are doing - and __________!
Reach out and engage them in ____________.
Send messages of ________________.

Suspecting Someone Has Anxiety or Depression:
_________ to them about what you’re noticing.
Give them ________________.
Encourage them to tell a trusted ____________.

Take Care of Yourself:
Spend time with other ____________ too.
Talk to a trusted ____________.
Engage in ____________ activites you enjoy.

Your Role Is To Start The Dialogue Not Maintain Someone’s Safety