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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Various

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| **1.** Symptoms of depression | **A.** Impulsivity |
| **2.** Symptoms of mania | **B.** Medication |
| **3.** Irrational fear/worry | **C.** Substance use, isolating |
| **4.** Unable to sleep | **D.** Sadness, hopeless, fatigue |
| **5.** Lashing out | **E.** Anger |
| **6.** Risky behavior | **F.** Therapy |
| **7.** Poor self esteem | **G.** Neurotransmitters |
| **8.** Self harm | **H.** Worthlessness |
| **9.** Long lasting depression | **I.** Abuse, loss, illness |
| **10.** Antidepressants | **J.** Anxiety |
| **11.** Causes of depression | **K.** Exercise, talking, relaxation |
| **12.** Coping skills | **L.** Insomnia |
| **13.** What makes depression worse | **M.** Dysthymia |
| **14.** Decrease depression | **N.** Rapid speech and thoughts |
| **15.** Brain chemicals | **O.** Suicide |