Name: _____ Date: _____

Various

1. Symptoms of depression
2. Symptoms of mania
3. Irrational fear/worry
4. Unable to sleep
5. Lashing out
6. Risky behavior
7. Poor self esteem
8. Self harm
9. Long lasting depression
10. Antidepressants
11. Causes of depression
12. Coping skills
13. What makes depression worse
14. Decrease depression
15. Brain chemicals

A. Impulsivity
B. Medication
C. Substance use, isolating
D. Sadness, hopeless, fatigue
E. Anger
F. Therapy
G. Neurotransmitters
H. Worthlessness
I. Abuse, loss, illness
J. Anxiety
K. Exercise, talking, relaxation
L. Insomnia
M. Dysthymia
N. Rapid speech and thoughts
O. Suicide