

## Appendix 1: Mental health continuum cards

**Mentally  
well**



**Mentally  
unwell**





**schizophrenic**



**bipolar disorder**



**personality  
disorder**



**psychotic**



**confident**



**connected**





**feeling hopeless**



**isolated**



**party animal**



**depressed**



**risk taker**



**promiscuous**





**feeling down**



**feeling blue**



**lonely**



**feeling flat**



**happy**



**excited**







**PMS**



**post-natal  
depression**



**disconnected**



**sad**



**upset**



**suicidal**





**grieving**



**life of the party**



**anxious**



**shy**



**scared**



**perfectionist**







# HEADSTRONG

UNDERSTANDING MOOD DISORDERS AND RESILIENCE

## Student mood tracker journal

NAME: \_\_\_\_\_



BLACK DOG INSTITUTE

## SECTION ONE: LESSON JOURNAL

### Take a walk in their shoes – Reflecting on the day

After watching the selected episode from the TV show, complete the following entries.

#### CHARACTER:

1. Describe a situation or incident that your selected character experienced.

2. Explain how your character felt about the situation or incident.

3. Describe your character's feelings about other characters involved in the incident or situation.

4. Explain how your character's mood may have been affected by the incident or situation.


5. Describe how your character's mood may have affected their feelings and actions in the situation.

6. List ONE positive thing that happened to the character during the episode.

7. List ONE thing that the character would feel grateful for.

8. Record some of the words that were used to describe character's thoughts, feelings, impressions, moods that might be useful to refer back to when you are completing your Journal entries.

## Lesson reflections: Mood matters

	<p>What did you learn from this image?</p>	<p>How can you use this learning to help yourself or others?</p>
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What are two things you are going to do this week to make you feel happy?

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What two things are you going to do this week to make somebody else happy?

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## REFLECTION: (to be completed at the end of the week)

What made you happy this week?

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What did you do this week that made somebody else happy?

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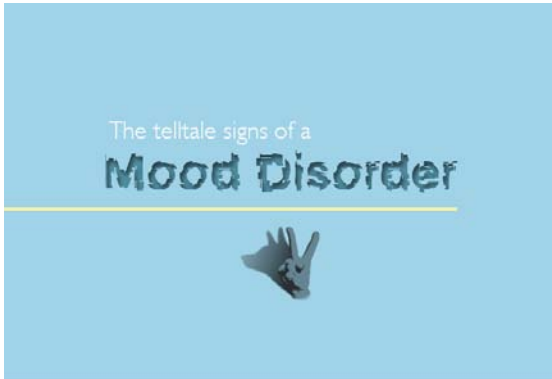
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## Lesson reflections: Understanding mood disorders

Record key points from each of the presentations in the space provided



**How can you use what you learnt in this lesson to help yourself or someone else?**

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## Lesson reflections: A day in the life ....

What did you learn from exploring the young person's story?

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How could you help a friend if they were going through a similar situation?

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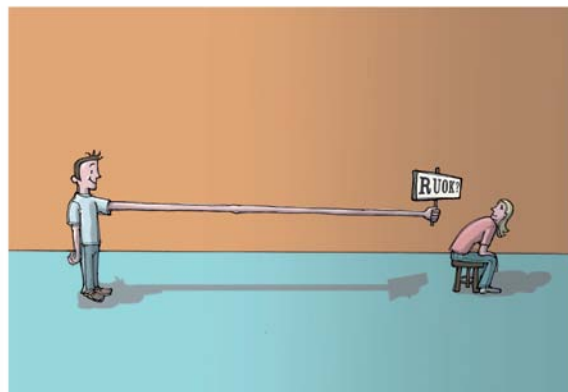
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What could you do to make things a little easier for them?

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How can you use this learning to help yourself and others?

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**HOMEWORK TASK:** Check out some of the other stories from young people on the BITE BACK ([www.BITEBACK.org.au/real-stories](http://www.BITEBACK.org.au/real-stories)) and ReachOut.com websites (<http://au.reachout.com>)

What do you find inspiring about these young people?

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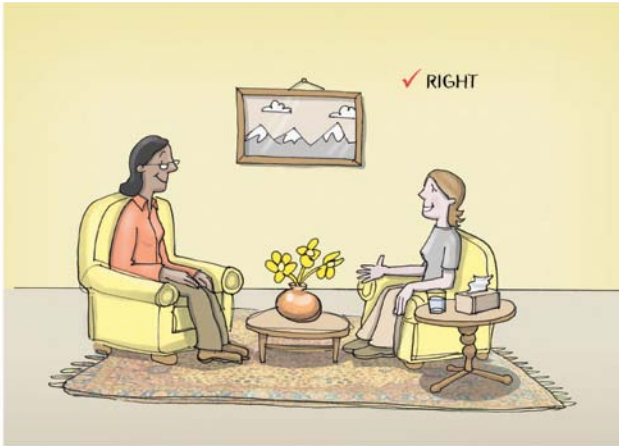
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## Services available 24/7



### 24/7 Emergency help

Kids Helpline - 1800 55 1800 (free landline call 24/7)

Lifeline - 13 11 14 (free mobile phone call 24/7)

### Information

ReachOut.com – [www.reachout.com](http://www.reachout.com)

BITE BACK – [www.BITEBACK.org.au](http://www.BITEBACK.org.au)

Black Dog Institute – [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

headspace – [www.headspace.org.au](http://www.headspace.org.au)

youthbeyondblue – [www.ybblue.com.au](http://www.ybblue.com.au)

RUOK?Day – [www.ruokday.com.au](http://www.ruokday.com.au)

## Local health services directory

**Record names, addresses and phone numbers for key help services in your local area**

**GP:** \_\_\_\_\_

**headspace centre:** \_\_\_\_\_

**School Counselor/ School Psychologist / Guidance Officer**

\_\_\_\_\_

**Youth centre / service:** \_\_\_\_\_

**School Nurse/s:** \_\_\_\_\_

**Others:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## LESSON REFLECTION: The help-seeking journey

**What are 3 positive things you have learnt in this lesson that you are going to share with someone else?**

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\_\_\_\_\_

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**How could you best help a friend get over their fear of seeking help?**

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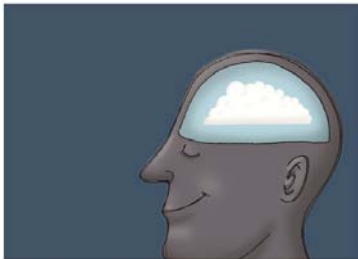
## Lesson reflections: Bouncing back



Write down a few things in your life that give you a sense of meaning and purpose (e.g. your faith, connections with people, hobbies, the environment, etc.)



Write down a few ideas on how you could contribute more to your family, social groups, or to the wider community (e.g. help to cook dinner, volunteer for a specific charity, etc.)



Write down a few ways you can keep a level-head in dealing with tough situations (e.g. regularly practice slow breathing)



Write down a negative thought ('put-down') you've had recently, then consider how it could be changed to a positive or helpful thought and write that down (cross out the negative one, if you want!)



Write down the name of a person in your life who is generally supportive of you who you'd like to build an even better relationship with. How you could give back to strengthen that relationship?



Write down what sports you did (or unhealthy food/drinks you had) last week and what you could do next week to improve your physical activity (or diet)

## Exercise your mood

Exercise is a great way to boost your mood. Let's see what exercise works best for you.

Activity station	Number of steps recorded	Describe your mood after this activity
1.		
2.		
3.		
4.		
5.		
6.		

Which activity made you feel the 'best'? Why?

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What influence did the number of steps have on your mood?

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What do you think are the most important things to consider when deciding how to 'exercise your mood'?

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## DATE:

Draw a picture, write words, or stick in images that reflect your general mood today.

## REFLECTIONS ON YOUR DAY:

(in your reflection include things such as your feelings about situations, reactions to people or situations, events that made you happy, excited, upset, angry, anxious, scared etc.)

**3 THINGS:** What are 3 things that lifted your mood today?

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## Appendix 3: Acquiring images from Flickr to use in your lessons

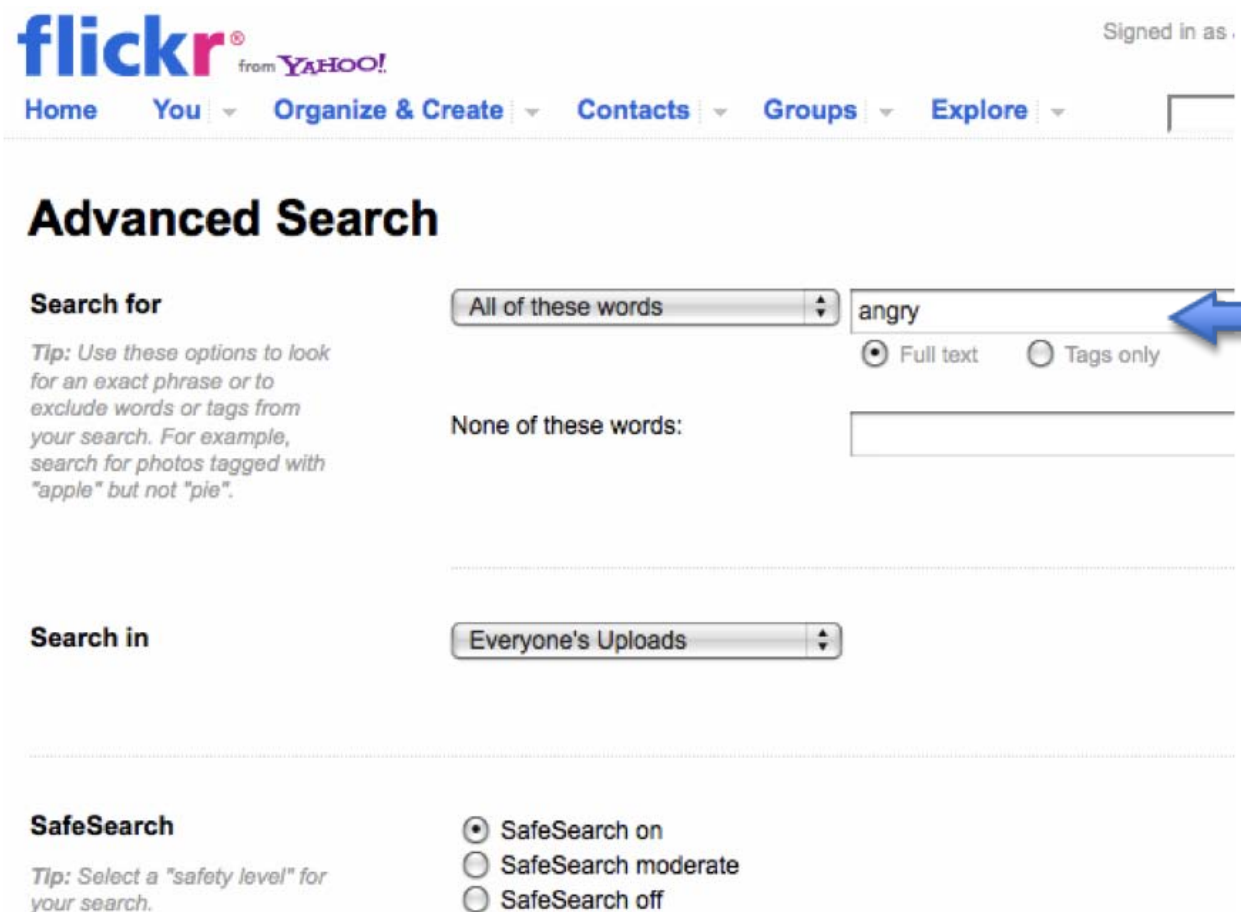
Flickr is an online space where users store, sort, search, share and edit their photos online. It allows people to view and comment on photos that other users upload, and also, to take these photos for personal use (e.g. media presentations or for classroom use).

If you are intending to use images from Flickr in your lessons, it is best to use images that have been published under a Creative Commons license, as when pictures are used they are then subject to the intellectual property licensing that authors have attributed to their photos.

To locate images for use in your lessons go to Flickr's Advanced Search feature:

[www.flickr.com/search/advanced](http://www.flickr.com/search/advanced)

Flickr users tag their photos with "keywords" that allow for easy searching by other users. You can search Flickr content for images tagged with various keywords that could be used to describe moods such as happy, sad, frustrated, angry, depressed, feeling blue, crying, excited, ecstatic, etc. Enter these keywords in the search box (see image below).



**flickr**® from YAHOO!

Signed in as .

Home You Organize & Create Contacts Groups Explore

### Advanced Search

**Search for**

*Tip: Use these options to look for an exact phrase or to exclude words or tags from your search. For example, search for photos tagged with "apple" but not "pie".*

All of these words angry

Full text  Tags only

None of these words:

**Search in**

Everyone's Uploads

**SafeSearch**

*Tip: Select a "safety level" for your search.*

SafeSearch on  
 SafeSearch moderate  
 SafeSearch off

Scroll down to the bottom of the Search page and check the box to only search for images within Creative Commons-licensed content.

**Search by media type**

*Tip: Filter to only display either photos or videos in your search results.*

Photos & Videos  
 Only Photos  
 Only Videos

HD videos only


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**Search by date**

*Tip: Use one or both dates to search for photos taken or posted within a certain time.*

Photos taken

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 **creative commons**

*Tip: Find content with a Creative Commons license. [Learn more...](#)*

Only search within **Creative Commons**-licensed content

Find content to use commercially  
 Find content to modify, adapt, or build upon



Click the search button and Flickr will return results for your search as thumbnail images.

The screenshot shows the Flickr search interface. At the top, there's the Flickr logo and navigation links. The search bar contains the text 'angry' and a 'SEARCH' button. Below the search bar, it indicates 'Showing Creative Commons-licensed content'. The results are displayed in a grid of thumbnails. The first row includes a man's face, a blank image, a man's face, a landscape, and another blank image. The second row includes a man in a hat, a kitten, a gorilla, an angry cat, and a woman's face. Each thumbnail has a caption below it, such as 'From chexed', 'From id-iom', 'From danorbit.', 'From kevinoolley', 'From merwing...', 'From MiniTar', 'From Piez', 'From dboy', 'From zaigon', and 'From Lara604'.

Select an image you want to use and click on the thumbnail to see the full size image. You can then right-click on the image and use the Save image as option to save a copy to your own computer. When naming the file you wish to save include the Flickr user's name for reference later. For example, if you were saving the angry cat from above you might use the filename "angry-cat-by-zaigon.jpg" as your filename. "zaigon" is the Flickr users name and should be referenced whenever you use the image.



## Appendix 4: Worried about someone feeling depressed - from ReachOut.com

Depression affects 1 in 7 Australians. When a friend is down for a long period of time or is behaving in an unusual way, it can be hard to know what the right thing to do is to help.

If your friend has mentioned suicide, it's important you tell someone so they can remain safe.

### **Suggestions for helping**

Like other illnesses, everyone's experience of depression is different. Also, it's important to remember that helping someone who is not ready to recognise they need help may be difficult, and the decision and responsibility for them to get help is ultimately theirs.

There are some things you can do that may help you to aid your friend who may be feeling depressed:

### **Offer your support**

It can be scary when you realise you need help. Let your friend know you're worried about them, and that you are there to listen without judging them.

If they do talk to you about how they are feeling, it might help if you acknowledge that they are feeling down and that things seem hard. At the same time, try and remain positive and encouraging.

If you are having difficulty speaking about it with your friend, you might start with sentences such as: 'I've noticed you've seemed a bit down', 'Lately, I've noticed that you haven't been interested in hanging out with your mates or enjoying things as much as you used to.'

### **Choose when to talk**

Timing can be an important part of talking to someone about sensitive stuff. If possible, try to choose a time when you are both relaxed. Avoid talking with them during an argument or if they are upset - you may end up getting a bad reaction and distancing them.

### **Don't ask them to cheer up or forget about it**

When people are sad, our first reaction may be to tell them to cheer up or forget about it because everything will be fine. If someone is depressed, cheering up or forgetting about it may be impossible. Asking someone to cheer up may appear as if you are not taking their feelings seriously and will have the opposite effect, possibly compounding their feelings of sadness.

### **Get informed**

Finding out more about depression might help you better understand the reasons for the reactions you might receive and what your friend might be going through. Check out the [ReachOut.com](http://ReachOut.com) and [BITE BACK](http://BITEBACK.org.au) websites ([www.BITEBACK.org.au](http://www.BITEBACK.org.au)).

### **Encourage them to get professional support**

If your friend is depressed, it is important that they seek help. Your local doctor or GP is a good first step. Clinical psychologists and psychiatrists are specialists trained in assisting people with mental illness and may also be able to help. You can find these people in your local area through the [beyondblue](http://beyondblue.org.au) Directory of Medical and Allied Health Practitioners ([www.beyondblue.org.au/index.aspx?link\\_id=107.1007](http://www.beyondblue.org.au/index.aspx?link_id=107.1007))

You might have a headspace centre ([www.headspace.org.au/headspace-centres](http://www.headspace.org.au/headspace-centres)) nearby where your friend can get help in an environment designed specifically for young people — check out the link for more info.

If you feel able to, you might offer to go with your friend when they speak to someone about how they are feeling.

If your friend doesn't feel up to speaking with a professional face to face yet, you could encourage them to call **Kids Helpline — 1800 55 1800** (free from a landline) or **Lifeline — 13 11 14** (free from a mobile phone or cost of local call from a landline) - both are anonymous and available 24/7. Kids Helpline ([www.KidsHelp.com.au/teens/get-help-web-counselling](http://www.KidsHelp.com.au/teens/get-help-web-counselling)) and headspace ([www.eheadspace.org.au](http://www.eheadspace.org.au)) also offer web, email and phone counselling.

### **Give it time**

It might take time for your friend to accept help, either from you or someone else. It might also take some time to find a treatment that works best for them.

### **Take care of yourself**

When you are worried about a friend you might feel stressed or overwhelmed and forget to look after yourself. It is important that you take care of how you are feeling. Speak to someone you trust, such as a family member, friend or counsellor.

Having time away from your friend can be important and allow you to relax. Make sure you spend some time doing what you enjoy. You may want to play sport, hang out with other friends, listen to music, or go for a walk.

## **Finally...**

It's also important to remember that even though you can offer support, you are not responsible for the actions or behaviours of your friend. If they are not willing to help themselves it is not your fault.

**This content was created by Reach Out Australia & updated by the Black Dog Institute.**



BLACK DOG INSTITUTE

# Fact Sheet

## Appendix 5: Black Dog Institute Fact Sheet

# EXERCISE AND DEPRESSION

### What this fact sheet covers:

- Regular exercise may alleviate symptoms of depression
- Role of exercise in treating depression
- Evidence for the benefits of exercise in managing depression
- Other benefits of exercise
- Exercise recommendations
- Where to get more information

Research suggests that regular exercise may increase the level of brain serotonin, a neurotransmitter involved in regulating mood, sleep, libido, appetite and other functions. Problems in the serotonin pathways of the brain have been linked to depression. Exercise can also increase the level of endorphins in the brain which have 'mood-lifting' properties.

### Regular exercise may alleviate symptoms of depression by:

- Increasing energy levels
- Improving sleep
- Distracting from worries and rumination
- Providing social support and reducing loneliness if exercise is done with other people
- Increasing a sense of control and self-esteem, by allowing people to take an active role in their own wellbeing

### Key points about the role of exercise in treating depression

- Regular exercise can be an effective treatment by itself for non-melancholic depressions (particularly for people who were previously sedentary or inactive)
- Exercise does not need to be extremely vigorous to be helpful for depression – a brisk walk each day can be beneficial
- For more severe melancholic depressions, exercise may be a helpful strategy alongside other treatments (e.g. medication or psychological therapies)
- For those with a melancholic depression and experiencing lack of energy in the morning, immediate exercise on getting out of bed can be beneficial

See our Fact Sheet **Types of Depression** for more information.

### Evidence for the benefits of exercise in managing depression

Regular exercise can be an effective way to relieve some forms of depression and is often a neglected strategy in the management of depression.

- Numerous studies have shown that people who exercise regularly experience fewer symptoms of depression and anxiety than those who do not exercise regularly



BLACK DOG INSTITUTE

# Fact Sheet

## EXERCISE AND DEPRESSION

- Several trials have shown that regular exercise of moderate intensity can be an effective adjunctive treatment by itself for both melancholic and non-melancholic depression
- Two trials (see information section at the end of this Fact Sheet) have found that 16 weeks of regular exercise is equally effective as antidepressant medication in the treatment of mild to moderate depression
- Research also suggests that exercise can further assist depression in individuals with depression who have only partially responded to an antidepressant medication
- Both aerobic exercise (e.g. brisk walking, cycling or jogging) and resistance or strength training (e.g. weight-lifting) have been found to be helpful in treating depression

### Other benefits of exercise

In addition to being helpful for managing depression, regular exercise has numerous physical health benefits. These benefits include prevention of numerous (including life threatening) medical conditions such as heart disease, type 2 diabetes, osteoporosis, strokes and certain types of cancers.

### Exercise recommendations

The National Physical Activity Guidelines for Australians recommend:

- **A minimum of 30 minutes of moderate intensity exercise on most, preferably all, days of the week;** An example of 'moderate intensity' exercise is brisk walking where a slight increase in breathing and heart rate is noticeable
- **Exercising for at least 10 minutes at a time** - the 30 minutes total does not need to be continuous; Short sessions of different activities can be combined to make up a total of 30 minutes exercise or more each day
- **Being active in as many ways as possible each day** (e.g. using the stairs instead of a lift)

At least one study has shown that exercising at around the optimal level for 12 weeks can significantly reduce symptoms of depression amongst people who are inactive and experiencing non-melancholic depression. For people who are very inactive, health benefits can be gained by becoming slightly more active. A little activity is better than none at all and more is better than a little.

For extra health and fitness, it is recommended that adults (who are able) should also participate in vigorous activity that makes them 'huff and puff' (e.g. jogging, squash, rowing). For best results, vigorous exercise should be done for 30 minutes or more on three to four days per week (on top of moderate exercise).



BLACK DOG INSTITUTE

# Fact Sheet

## EXERCISE AND DEPRESSION

### Where to get more information

- **Australian Association of Exercise Sports Science:** [www.aaess.com.au](http://www.aaess.com.au) for information on exercise physiologists
- **Australian physical activity guidelines:** Department of Health and Ageing (1999) National Physical Activity Guidelines for Australians, Canberra. Available at: [fulltext.ausport.gov.au/fulltext/1999](http://fulltext.ausport.gov.au/fulltext/1999)
- Babyak M, Blumenthal JA, Herman S, Khatri P, Doraiswamy M, Moore K, Craighead WE, Baldewicz TT, Krishnan KR (2000) **Exercise Treatment for Major Depression: Maintenance of Therapeutic Benefit at 10 Months** in *Psychosomatic Medicine*, Vol. 62: 633–638
- Blumenthal JA, Babyak MA, Moore KA, Craighead WE, Herman S, Khatri P, Waugh R, Napolitano MA, Forman LM, Appelbaum M, Doraiswamy PM, Krishnan KR (1999) **Effects of Exercise Training on Older Patients With Major Depression** in *Archives of Internal Medicine*, Vol. 159: 2350-2356
- **Get Active** information and online directory for NSW: [www.dsr.nsw.gov.au/active](http://www.dsr.nsw.gov.au/active)
- **Just Walk It** information about walking groups: [www.heartfoundation.org.au/Healthy\\_Living/Physical\\_Activity/Walking.htm](http://www.heartfoundation.org.au/Healthy_Living/Physical_Activity/Walking.htm)
- **Live Life Well** information and resources for NSW [www.livelifewell.nsw.gov.au](http://www.livelifewell.nsw.gov.au)

### Black Dog Institute

Hospital Road, Prince of Wales Hospital, Randwick NSW 2031  
(02) 9382 4530 / (02) 9382 4523  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)  
Email: [blackdog@blackdog.org.au](mailto:blackdog@blackdog.org.au)

# Appendix 6: Action plan template

Activities involved	Intended changes as a result of actions	Resources needed	Target audience	Group member responsible	Timeline

## Appendix 7: Digital advocacy campaign resources

**What is the working title for your production?**

**What type of production is your group going to develop? (e.g. photo essay, documentary, short film, digital story)**

**Write a paragraph describing the message, story or information that will be conveyed in your production**

**What are the key messages you want to convey through your digital advocacy campaign?**

**What are the key changes in the community you wish to see from your digital advocacy campaign?**

## Appendix 8: Storyboarding template
