

## Leah's Story



### ISSUES FOR REFLECTION AND DISCUSSION

Start by watching Leah's Story

After you've watched the video of **Leah's story**, read and think about the questions in each box. If you're doing this by yourself, write down your thoughts in the box. If you're doing this by yourself, write down your thoughts in the box. If you're doing it as part of a group, talk to each other about each question before writing anything down.

Please remember, this is not a test. All thoughts and ideas are welcome.

Leah talked about her experience of feeling depressed. How did that affect her emotions, her thoughts and her life?

What would you do if you were worried about a friend who you thought was depressed?

## Mental Health Educate

YOUTH MENTAL HEALTH ANIMATION SERIES | STUDENT/LEARNER RESOURCE

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Why do you think Leah didn't want to tell anyone how she was feeling?

Leah was seen by her local mental health service. What other services do you know of that someone could use if they needed mental health support?

WANT TO LEARN MORE ABOUT DEPRESSION & FEELING LOW,  
MINDING YOUR MENTAL HEALTH & GETTING SUPPORT?

You'll find lots of information, personal stories and ways to deal with these issues on  
[www.SpunOut.ie](http://www.SpunOut.ie) and [www.jigsaw.ie](http://www.jigsaw.ie)