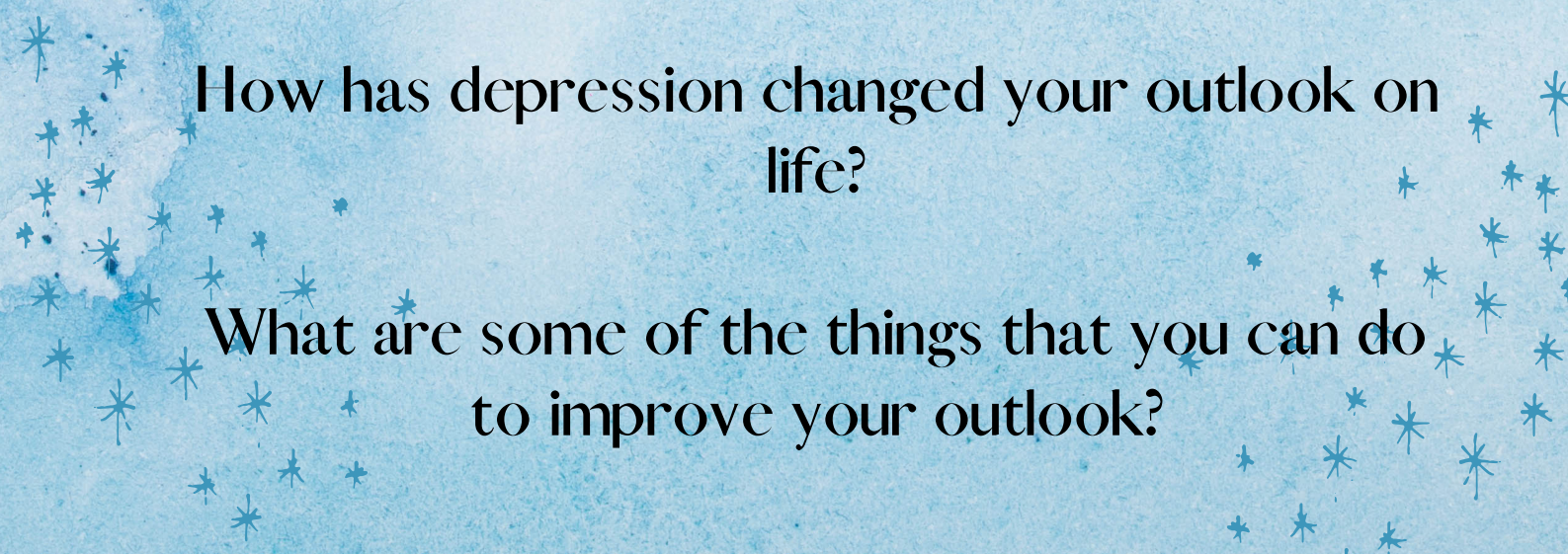


Write about

10



A stylized illustration of a blue, textured cloud with a small black outline of a face. Blue raindrops are falling from the bottom of the cloud. The background is a light blue gradient.

What are some of the ways that you can use to reach out for help when you are feeling depressed?

What do you do to take care of yourself
when you are feeling overwhelmed by
depression?

What is a healthy way to express feelings of sadness?

How do you know when the sad feelings are getting to be too much?

What are some ways you can practice selfcare when you're feeling sad?

