Go to <https://www.kidshealth.org/en/teens/depression.html?view=ptr> and answer the following questions below:

1. What is depression?
2. How is depression different from regular sadness?
3. List three signs of depression:
4. Depression involves the balance of naturally occurring chemicals in the brain. What is the name of these chemicals?
5. List three ways to get help for yourself or a friend that may have depression:

**Anxiety:**

Go to <https://www.kidshealth.org/en/teens/anxiety.html?view=ptr#cat20123> and answer the following questions below:

1. What is Anxiety?
2. \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ response happens instantly when a person senses a threat.
3. Explain the following anxiety disorders:

* Generalized anxiety:
* Obsessive compulsive disorder
* Phobias
* Social Phobia
* Panic Attacks
* Posttraumatic Stress Disorder (PTSD)

1. What causes anxiety disorders and how are they treated (explain):

**Rachel’s Story**

Go to <https://www.hopkinsallchildrens.org/Patients-Families/Health-Library/HealthDocNew/Anxiety-Rachel-s-Story> to read Rachael’s story and answer the questions below

1. List four signs that Rachel had that linked her to suffering from anxiety?
2. What does GAD stand for? What are two techniques given to Rachel to deal with GAD?
3. How many American Suffer from GAD a year?
4. How did Rachel get help for her anxiety?