

# **Raise awareness for those who are in need of help**

Christian Living Education 9

Grade 9G

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### Project Proposal:

Estrellanes: The leader and editor

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Our objective is to raise awareness about depression. Help those who are experiencing with it by giving possible solutions. Also for the people to know if there are someone in there life experiencing it to better understand them. The beneficiaries are people experiencing depression, the community to for them to be able to know what is it, and future generations that may encounter the same thing.

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home. "On this occasion, the Church intends to bow down over those who suffer with special concern, calling the attention of public opinion to the problems connected with mental disturbance that now afflicts one-fifth of humanity and is a real social-health care emergency...." He called for a new and better approach in dealing with mental ill-health which called for better medical treatment for people with ill health as well as better treatment of them as persons. He also expressed his hope that the wider community would be more understanding of people with mental health issues and those that care for them many of whom are unpaid as they are family members or volunteers. Pope Saint John Paul II also emphasised everyone's duty to respond with active charity to those who suffer from mental illness, particularly because the kingdom of God belongs to them:

## Rationale:

Raising awareness about depression will help us all understand the reason why we experience it in some points in our life's. It will let us know what we can do to help those who are suffering with it. We can save someone who is deeply drowned in the darkness and be there guide to the light. In worst case depression can make someone take there own life's. Raising awareness about it can save someones sibling, partner, or a freind every life is precious. So it's important for us to share the cause and effects of depression and its possible solutions. Even just listening can help even it will not make it go away but it lessen theyre burden. Being there for someone who is alone and sad will be more than enough.

## Solutions:

Find someone to talk to tell them what you feel and think. Ask for their advice remember you are not alone in this.


Express what you feel don't bottle it all up it will just back fire in the future. Find a a medium to express those emotions like art or writing a diary.

Eat healthy foods and exercise not only your mental health will be affected but aswell your physical. Dont forgot your spiritual health aswell pray and ask guidance from God.

Do not think of your problems and mistakes all the time leave those negative thoughts. Think about what you did that is good somthin that will feel u better.

Don't forget to have fun you need to enjoy your life smile even thru hard times we all can do this.





Dear mighty God  
Thank you for this wonderful life and blessings  
You have given to us  
We ask for your forgiveness for our mistakes  
Please guide us to the greater path in our lives  
Our father and saviour we thank you

Amen

Acknowledgments:


<https://www.psychiatry.org/patients-families/depression/what-is-depression>

<https://justiceandpeace.org.au/catholic-teaching-on-mental-health/>

<https://www.webmd.com/depression/features/natural-treatments>

<https://kidshealth.org/en/teens/depression-tips.html>






Rationale:

Explain the significance of the project and the need it aims to address in minimum of 8 sentences.

Solutions:

To the issue with provided pictures or images



## Prayer and Acknowledgments:

