



"DEPRESSION"

SUBMITTED BY: GROUP 5

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CHRISTIAN LIVING EDUCATION

Grade 9-D

SUBMITTED TO:

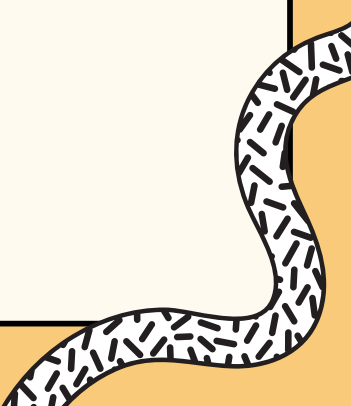
Sir. Rainheart G. Pinuela





INTRODUCTION OF MEMBERS


- All of us is a student since 7th grade of SJS-LS. We are 5 in this group so our leader gives our task to us, JORDAN is incharge of editing and compiling while RICALDE, PRIETOS, LEDESMA and BARRIENTOS is incharge the given problems and questions.





INTRODUCTION


- This has been a huge problem to the community. Depression is a huge problem that many people is in the way of death. Not many people know what causes people to have this mental illness and not to many people know that some people in thier sorroundings have depression. Depression usually came from people that likes to bully a person from their insecurities or flaws, This makes people have a little seed of depression on their head. And this seed will grow and grow until it became so big that the entire personality of the person changes overtime.







SIGNIFICANCE


- As for the person who take a look at our journal, Our journal has very important lessons to you. Our journal shows the effects of depression which we need to lessen this type of mental illness. The journal also shows many lesson that you need to be a helping hand to the victims. One reach of a hand and an advice to them can change their point of view in this world. You need to make sure that all the person in your life is okay. The reason for that is you do not know who has depression. Some act happy on the outside but broken on the inside. So we people that don't experience this type of mental illness need to help them even a little. Who knows that your advice can help them. That is why we made this journal for all you students and people understand what causes depression from a person what are the effects by this mental illness. This way we can lessen the problem in our society.





The advocacy project of our group is entitled How to deal and prevent depression is leading to give different solutions. Depression has been one of the most sensitive case and oftentimes leads to death of a person. The following are the solutions which might resolve the problem.


1. First look for a social group where you can learn new experiences.
 2. Second, open up to your family they understand you.
 3. Learn other activities like traveling.
 4. Avoid being alone, talk to the expert or professionals in the field.
 5. Pray and trust everything to God.
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Objective 1: Raises awareness to what is depression and other mental health problems. (Depression is the misunderstood sickness in medical perspective, It's like a common cold that no one ever notices it but instead ignores it, that's why it is to bring attention that this common cold kills millions of lives every second as it worsens for every person who feels it's symptoms)

Objective 2: Help those who are infected (Depression is like a common cold which can be treated thru time and talk, we are encouraging to help each person who are having the symptoms of the illness)

Objective 3, Is to prevent (What we mean by Prevent is to already educate people of how lethal yet simple depression can be, it is also to teach how people will help persons who are going thru depression, for them to be able to connect and know and how to prevent someone's depression from worsening)





PRAYER

- Thank you, Heavenly Father, for never changing, even while everything around me changes and is unexpected. Thank you for everything you have done to us. We'll take this lifetime to bring back your glory. And please forgive our sins that the next time we will not do it again. Thank you for the blessings you poured out on us.

And thank you for the opportunities you had planned for us. Bless us with your grace and bless our family. In the name of the Lord, Amen

