Chapter 6: Depressive Disorders

**Video Title:** Confessions of a Depressed Comic
**Video URL:** <https://www.ted.com/talks/kevin_breel_confessions_of_a_depressed_comic#t-329396>
**Run Time:** 11:00
**Source:** TEDx Talks
**Close Caption Available:** Yes

Summary of Video:

Depression can affect anyone at any time. It is something that takes millions of lives yet is often still taboo to talk about in some circles (but not in this class, of course). Many people who lost their fight to depression are seen as weak or selfish. This video explores how that idea is untrue and, conversely, how many people with depression are fighting a hard battle every single day. Kevin Breel, a popular student-athlete, discusses his depression and the importance of speaking up about depression in general. As you watch the video, please answer the following questions:

1. What do people with depression fear and why?

2. What are the four words Kevin was finally able to accept and what is the importance of those words?

3. Why is it important for people with depression to reach out to their friends and family? How can we make it easier for people to reach out?

4. Why is it important for people with depression to understand that depression may be a lifelong battle instead of trying to get rid of their depression as soon as possible?

5. Kevin talks about the backlash he received from his peers once they knew about his depression. To what extent does society and the media contribute to negative views (stigma) about people who have depression? How can we challenge this stigma?