

Depression needs to be taken very seriously. If left unchecked it may get worse and can be potentially life threatening. Talking it over with someone who understands can make a big difference. But talking it over is just what depressed young men are unwilling to do.

Don't Die of Embarrassment is a powerful drama conceived and produced by Year 10 boys following an exploration into issues surrounding suicide in young men

The video can be used to support a structured programme related to mental health and emotional well being, and could be shown prior to a discussion on the importance of talking through worries and feelings.



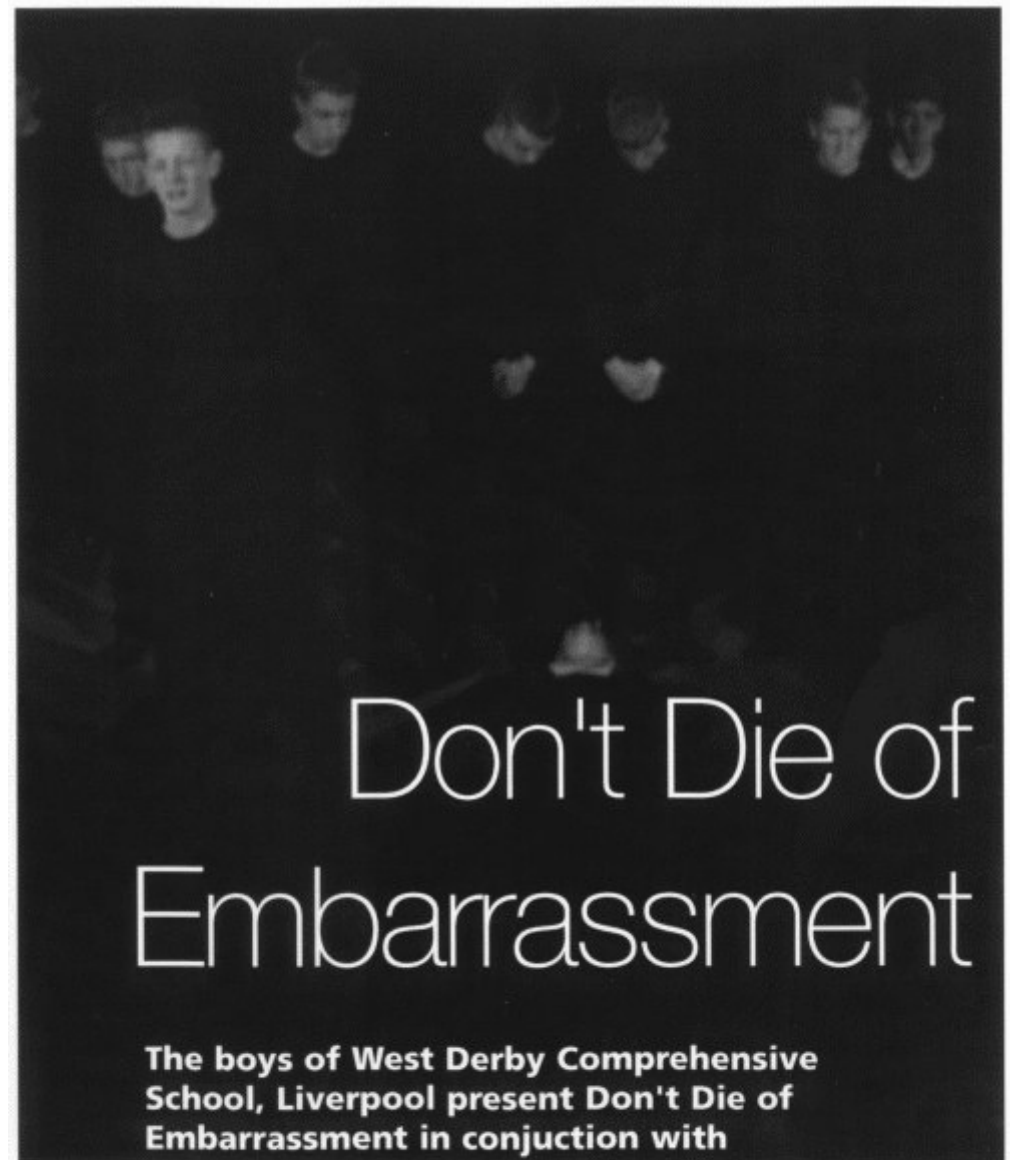
Suitable for use by teachers, youth workers for young people of 13+

c.a.l.m., the Campaign Against Living Miserably, is a helpline targeted at 15 - 24 year old men at the start of depression. The free-phone number 0800 58 58 58 is available from 5pm to 3am seven days a week.

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Words and Music: Phil Freeman. Vocals: Phil Freeman Jr.

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"Don't Die Of Embarrassment" is aimed at promoting young people's emotional wellbeing and mental health. It is centred around a powerful drama played out by Year 10 boys from West Derby Comprehensive School, Liverpool.

The Teachers' Resource pack includes the video film of the drama (15 mins. approx.) and a range of thought-provoking worksheets to support and develop it in class.

It lends itself to a wide range of topics associated with the Personal, Social and Health Education, viz.

- ◆ Bullying
- ◆ Appearance and self-image
- ◆ Relationships
- ◆ Stereotypes and expectations
- ◆ Sexuality
- ◆ Identity - self-esteem and self-confidence
- ◆ Peer pressure
- ◆ Being different and what is "normal"
- ◆ Pressures, academic and family
- ◆ Caring for others

The authors, being teachers themselves, have tried to ensure that this resource can be delivered confidently by both specialist and non-specialist teachers. Clear guidance is given and worksheets are structured to encourage individual, pair, group and whole-class work.