

# GOSOSY MENTAL HEALTH LESSONS ELECTRONIC ENHANCEMENTS

## Lesson Script: Let's Talk About Depression

NOTE: This **Lesson Script** is for teacher use only. It is not intended for students because it contains the answers to the "Listening for New Information" activities. Instead of the **Lesson Scripts**, students may use the **Pocket Guides** for self study of vocabulary and key conversations in both English and Spanish. See the **Teacher Guide** for more information about how to use the electronic enhancements.

The following "Message to Students About Mental Health" is recorded in Spanish at the beginning of the lesson. Students should listen to this message before using this or any of the Mental Health audio lessons.

### *A Message to Students About Mental Health\**

*It is just as important to take care of your mental health as it is to take care of your physical health. Physical health means you have a strong and healthy body, while mental health means that your mind and emotions are also healthy. People with good mental health can cope with the problems of everyday life.*

*There are many types of mental health conditions, such as anxiety disorders, depression, and addiction problems with drugs or alcohol. Sometimes a mental health condition becomes so serious that it becomes a mental illness.*

*It can be difficult to talk about mental health, and it can be hard to admit that you or someone you care about is having problems with mental health. However, there are many things that can help mental health conditions. Sometimes talking with a professional counselor can help, and sometimes medications prescribed by a doctor can help. If you or someone you care about is having problems with mental health, there is a phone number you can call for a free, confidential referral near you. The number is 1-800-662-4357. Someone will talk to you in Spanish and will connect you to help near where you live.*

### Mensaje a los Estudiantes Acerca de la Salud Mental

Es tan importante cuidar de la salud mental cómo lo es el de cuidar de la salud física. Salud física significa que usted tiene un cuerpo fuerte y saludable, mientras que salud mental significa que su mente y sus emociones están en buen estado de salud. Las personas con buena salud mental pueden enfrentar fácilmente los problemas de la vida diaria.

Hay muchos tipos de condiciones de salud mental, como trastornos de ansiedad, depresión y problemas de adicción a drogas o alcohol. A veces una condición de salud mental se vuelve tan grave que se convierte en una enfermedad mental.

Puede ser difícil hablar sobre la salud mental, y puede ser difícil admitir que usted, o alguien a quien usted conoce tiene problemas de salud mental. Sin embargo, hay muchas cosas que pueden ayudar a las condiciones de salud mental. A veces hablar con un consejero profesional puede ayudar y algunas veces los medicamentos recetados por un médico también pueden ayudar. Si usted o alguien a quien conoce tiene problemas de salud mental, hay un número de teléfono al que puede llamar para obtener una referencia gratuita y confidencial cerca de donde vive. El número es 1-800-662-4357. Alguien le hablará en español y le conectará con quien le puede ayudar cerca de donde usted vive.

\* Material in italics does not appear in the audio file

## Hablemos sobre la Depresión / Let's Talk About Depression

En esta lección, practicarás palabras y conversaciones relacionadas acerca del duelo y de la depresión. Antes de comenzar esta lección, por favor escucha este pequeño mensaje acerca de la salud mental.

*\* In this lesson, you will practice words and conversations for talking about grief and depression. Before starting the lesson, please listen to this short message about mental health.*

*(See page 1 for a transcript of the message.)*

### Parte 1: Práctica de Vocabulario / Part 1: Vocabulary Practice

Ahora escucharás palabras en español y luego en inglés. Repite las palabras en inglés.

*Now you will hear words in Spanish followed by English. Repeat the English words.*

*(Each English word or phrase is followed by a pause, giving students time to repeat. The English word or phrase is then repeated.)*

triste	sad
tristeza	sadness
duelo	grief
en duelo	grieving
deprimido	depressed
depresión	depression
señales de depresión	signs of depression
mucho tiempo	a long time
terapeuta	therapist
doctor	doctor
medicación	medication
suicidio	suicide

Práctica: Ahora escucharás las palabras en español, seguidas por una pausa. Durante la pausa, di las palabras en inglés. Luego oírás las palabras en inglés.

*Test Yourself: Now you will hear the words in Spanish, followed by a pause. During the pause, say the English words. You will then hear the English words.*

*(Each Spanish word or phrase is followed by a pause.)*

triste	sad
tristeza	sadness
duelo	grief
en duelo	grieving
deprimido	depressed
depresión	depression
señales de depresión	signs of depression
mucho tiempo	a long time
terapeuta	therapist
doctor	doctor
medicación	medication
suicidio	suicide

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## Parte 2: Práctica de la Conversación / Part 2: Conversation Practice

Mario ve a su amiga Anna en el trabajo. Anna se ve muy triste. Él le pregunta al respecto. Escucharás la conversación en español y luego la conversación en inglés.

*Mario sees his friend Anna at work. Anna looks very sad. He asks her about it. You will hear the conversation in Spanish followed by the conversation in English.*

- A: ¿Anna, estás bien? Te ves muy triste.  
B: Mi abuela murió anoche.  
A: ¡Oh! lo siento mucho.  
B: Gracias. Es muy difícil.  
A: Es muy difícil perder a alguien que amas.
- A: Anna, are you OK? You look so sad.  
B: My grandmother died last night.  
A: Oh, I'm so sorry!  
B: Thank you. It's very hard.  
A: It's hard to lose someone you love.

Ahora, repite la conversación en inglés.

*Now repeat the conversation in English.*

*(Each line of the conversation is followed by a pause.)*

- A: Anna, are you OK? You look so sad.  
B: My grandmother died last night.  
A: Oh, I'm so sorry!  
B: Thank you. It's very hard.  
A: It's hard to lose someone you love.

Una conversación: Tú eres Anna. Tu amigo Mario te preguntará si estás bien.

*One-sided Conversation: You are Anna. Your friend Mario will ask you if you are OK.*

*(Each line of the conversation is followed by a pause.)*

- A: Anna, are you OK? You look so sad.  
B: (pause)  
A: Oh, I'm so sorry!  
B: (pause)  
A: It's hard to lose someone you love.

Escucha la siguiente conversación. Escucharás información nueva. Silvia trabaja en un campo. Hoy se da cuenta de que otro trabajador, Pedro, se ve muy triste. Ella le pregunta a su amigo Juan al respecto. ¿Por qué Pedro se ve tan triste? ¿Cómo se siente Pedro? ¿Es el duelo un sentimiento normal?

*Listening for New Information: Listen to the following conversation. Silvia works on a farm. Today she notices that another worker, Pedro, looks very sad. She asks her friend Juan about it. Why does Pedro look sad? How does Pedro feel? Is grief a normal feeling?*

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- A: Pedro looks so sad.  
 B: I know! His wife died a few days ago.  
 A: Oh, my goodness! I didn't know that.  
 B: He's really grieving.  
 A: You know, grief is normal when someone dies.

*(Each question is followed by a pause before the answer.)*

- ¿Por qué Pedro se ve tan triste? Su esposa murió hace pocos días. /  
 His wife died a few days ago.
- ¿Cómo se siente Pedro? Él está triste y en duelo. / He's sad and grieving.
- ¿Es el duelo un sentimiento normal? Si, el duelo es normal cuando alguien muere. /  
 Yes, grief is normal when someone dies.
- Why does Pedro look sad? His wife died a few days ago.  
 How does Pedro feel? He's sad and grieving.  
 Is grief a normal feeling? Yes, grief is normal when someone dies.*

### Parte 3: Más Práctica de Conversación / Part 3: More Conversation Practice Conversación Nueva / New Conversation

Juan está preocupado acerca de su amigo Pedro. Pedro ha estado triste por mucho tiempo, y Juan piensa que Pedro está deprimido. Juan habla con su amiga Silvia al respecto. Escucharás la conversación en español y luego la conversación en inglés.  
*Juan is worried about his friend Pedro. Pedro has been sad for a very long time, and Juan thinks Pedro is depressed. Juan talks to his friend Silvia about it. You will hear the conversation in Spanish followed by the conversation in English.*

- A: Pedro todavía está muy triste. Su esposa murió hace mucho tiempo.  
 B: ¡Lo sé! Fue hace mas de un año.  
 A: Estoy preocupado por él. Creo que está deprimido.  
 B: Pueda que tengas razón. Pedro no come mucho y ha estado triste por mucho tiempo.  
 A: Esas son señales de depresión. Él debería hablar con una terapeuta o ir al doctor. La medicación puede ayudar.  
 B: Tal vez podrías hacer una cita e ir con él.  
 A: Buena idea.
- A: Pedro is still very sad. His wife died a long time ago.  
 B: I know! It was over a year ago.  
 A: I'm worried about him. I think he's depressed.  
 B: You might be right. Pedro doesn't eat much, and he's been sad for a very long time.  
 A: Those are signs of depression. He should talk to a therapist or go to the doctor. Medication can help.  
 B: Maybe you could make an appointment and go with him.  
 A: Good idea.

*\* Material in italics does not appear in the audio file*

Ahora, repite la conversación en inglés.

*Now repeat the conversation in English. (Each line of the conversation is followed by a pause.)*

- A: Pedro is still very sad. His wife died a long time ago.  
B: I know! It was over a year ago.  
A: I'm worried about him. I think he's depressed.  
B: You might be right. Pedro doesn't eat much, and he's been sad for a very long time.  
A: Those are signs of depression. He should talk to a therapist or go to the doctor. Medication can help.  
B: Maybe you could make an appointment and go with him.  
A: Good idea.

Una conversación: Tú eres Silvia. Juan hablará contigo acerca de Pedro.

*One-sided Conversation: You are Sylvia. Juan will talk to you about Pedro.*

*(Each line of the conversation is followed by a pause.)*

- A: Pedro is still very sad. His wife died a long time ago.  
B: (pause)  
A: I'm worried about him. I think he's depressed.  
B: (pause)  
A: Those are signs of depression. He should talk to a therapist or go to the doctor. Medication can help.  
B: (pause)  
A: Good idea.

Escucha la siguiente conversación. Escucharás información nueva. Juan habla con su amigo Pedro acerca de su tristeza. ¿Cuánto tiempo ha estado triste Pedro? ¿Qué señales de depresión tiene Pedro? ¿Qué piensa Juan que Pedro debería hacer?

*Listening for New Information: Listen to the following conversation. Juan talks to his friend Pedro about his sadness. How long has Pedro been sad? What signs of depression does Pedro have? What does Juan think Pedro should do?*

- A: Pedro, I think you're depressed.  
B: Depressed?  
A: Yes, you have signs of depression.  
B: What do you mean?  
A: You don't want to eat, you don't play soccer anymore, and you have been sad for a year and a half. That's a long time.  
B: I know.  
A: I think you should go to the doctor.  
B: The doctor? I'm not sick, I'm just sad.  
A: Doctors can help depression. Medication can help, too.

*(Each question is followed by a pause before the answer.)*

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¿Cuánto tiempo ha estado triste Pedro?	un año y medio / a year and a half
¿Qué señales de depresión tiene Pedro?	Él no quiere comer, ya no juega fútbol, y ha estado triste por mucho tiempo. / He doesn't want to eat, he doesn't play soccer anymore, and he's been sad for a very long time.
¿Qué piensa Juan que Pedro debería hacer?	Debería ir al doctor/ He should go to the doctor.
<i>How long has Pedro been sad?</i>	<i>a year and a half</i>
<i>What signs of depression does Pedro have?</i>	<i>He doesn't want to eat, he doesn't play soccer anymore, and he's been sad for a very long time.</i>
<i>What does Juan think Pedro should do?</i>	<i>He should go to the doctor.</i>

Escucha la siguiente conversación. Escucharás información nueva. Gloria está muy preocupada por su hermana Sofía. Sofía está deprimida y fue al doctor en busca de ayuda, pero Gloria piensa que Sofía está pensando en el suicidio. Gloria habla con su amiga Anna al respecto. ¿Qué dos cosas está haciendo Sofía para combatir su depresión? ¿Qué es la Línea de Vida Nacional para la Prevención de Suicidios? ¿Cuál es el número telefónico?

*Listening for New Information: Listen to the following conversation. Gloria is very worried about her sister Sofia. Sofia is depressed and went to the doctor for help, but Gloria thinks that Sofia might be thinking about suicide. Gloria talks to her friend Anna about it. What two things is Sofia doing to help her depression? What is the National Suicide Prevention Lifeline? What is the phone number?*

- A: My sister is very depressed, and I'm worried about her.  
 B: Did she go to the doctor?  
 A: Yes, the doctor gave her medication, and she's also talking to a therapist every week.  
 B: That's good. Do you know about the National Suicide Prevention Lifeline?  
 A: No, what's that?  
 B: It's a free phone number that she can call anytime if she's thinking about suicide. They speak Spanish and other languages.  
 A: Oh, do you know the number?  
 B: Yes, it's 1 (800) 273-8255.

*(Each question is followed by a pause before the answer.)*

¿Qué dos cosas está haciendo Sofía para combatir su depresión?	Ella toma medicación y habla con una terapeuta cada semana. / She's taking medication and talking to a therapist every week.
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¿Qué es la Línea de Vida Nacional para la Prevención de Suicidios?

Un número gratuito para llamar si estas pensando en el suicidio / a free phone number to call if you are thinking about suicide

¿Cuál es el número telefónico?

1 (800) 273-8255 / 1 (800) 273-8255

*What two things is Sofia doing to help her depression?*

*She's taking medication and talking to a therapist every week.*

*What is the National Suicide Prevention Lifeline?*

*a free phone number to call if you are thinking about suicide*

*What is the phone number?*

*1 (800) 273-8255*

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