

stop the
BLEEDING!
A COMEDIC WEB SERIES from BELIEVE LTD

Episode 36:
MENTAL HEALTH



Created by **Believe**LIMITED & Made Possible by **Shire**

EPISODE 37 - DEPRESSION or, “HoCheeCo! (Holiday Cheer Competition)”

1. Slater Denies His Holiday Blues

In this episode, Spencer’s hosts the annual HoCheeCo (Holiday Cheer Competition) while Slater tries to mask his depression by giving holiday gifts and behaving like the life of the party. Nora steps in to help him through the holiday.

1a. Critical Thinking Discussion Questions...

Let’s put that brain to work! Fill in your answers below to the best of your ability!

Slater gives gifts and fakes a jolly mood, but is masking some depression. Why do you think he felt the need to mask his sadness? Can you relate to Slater in any way?

What do you think it is about the holidays that brings out depression or sadness in some people?

Why do you think Slater’s tactic to hide- or manage- his depression was to portray himself as the life of the party?

GREAT JOB! Please continue to the next section!

2. Slater Loses It!

Nora encourages Slater to open up about his depression but this motivates him to prove her wrong. Slater goes a little crazy on the dance floor, feels embarrassed by his behavior, and retreats to Nora's lair.

2a. Critical Thinking Discussion Questions...

Let's put that brain to work! Fill in your answers below to the best of your ability!

Nora sees through Slater's facade and makes him confront his feelings. His response is to try to win the dance competition which ends up in an awkward moment. Why do you think Slater tries so hard to prove Nora wrong?

Nora's shares her way of coping with depression with Slater: affirmations. What are some other ways to cope with sad feelings, anxiety, or depression?

Nora tells Slater "you don't need to go full speed all the time. Just go easy on yourself." What do you think Nora is trying to teach Slater?

GREAT JOB! Please continue to the next section!

3. Slater Thanks His Demon

Slater realizes there's a long road ahead of him but most importantly, he learns from Nora that it's *totally okay* to feel depressed.

3a. Critical Thinking Discussion Questions...

Let's put that brain to work! Fill in your answers below to the best of your ability!

Why do you think Nora felt inclined to share her own mental health struggles and coping mechanisms with Slater?

Have you ever been in Nora's position, trying to help a friend or loved one during a tough time? Or in Slater's, overwhelmed with negative feelings? What can we learn from being in both of these positions

What are some ways we can educate young people with bleeding disorders about dealing with depression and other mental health challenges? What are some ways we can show others in the bleeding disorders communities that they are not alone in their struggles?

Great job! You're all done for now!