

Anxiety and Depression Videos

1. The 5 Major Anxiety Disorders (6:32 minutes)

<https://www.youtube.com/watch?v=IzaNQAh3NiY>

There are five major types of anxiety disorders: Generalized Anxiety Disorder or GAD, Obsessive-compulsive Disorder (OCD), Panic Disorder, Post-Traumatic Stress Disorder (PTSD) and Social Phobia or Social Anxiety Disorder.

2. Why Are You Anxious? (3:46 minutes)

<https://www.youtube.com/watch?v=iALfvFpcItE>

3. What is Depression? – Helen M. Farrell (4:28 minutes)

<https://www.youtube.com/watch?v=z-IR48Mb3W0>

Depression is the leading cause of disability in the world; in the United States, close to ten percent of adults struggle with the disease. But because it's a mental illness, it can be a lot harder to understand than, say, high cholesterol. Helen M. Farrell examines the symptoms and treatments of depression, and gives some tips for how you might help a friend who is suffering.

4. Depression Understood: What It Is Like To Have Depression (3:29 minutes)

<https://www.youtube.com/watch?v=OJ7cf-AgLtQ>

Depression is one of the most common mental health issues and can strike regardless of your race, gender or age. These people reveal what it's really like to have depression.

5. The Science of Depression (3:45 minutes)

<https://www.youtube.com/watch?v=GOK1tKFFIQI>

6. 11 Tips To Help With Depression in School (3:22 minutes)

<https://www.youtube.com/watch?v=BRXenN6Kp8o>

How do you deal with school while having depression? Studying with depression is one of the hardest things you can do. It's difficult enough getting out of bed. Depression zaps your energy, you have zero motivation and concentration seems impossible. It's like you have a cloudy memory. Basically, you are trying to survive each day. But how can you pass your courses with success while being depressed?