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Intro
For my personal project, I decided to do something depressing and how to notice when someone is given signs. I choose this topic because suicide from depressing is ranked number 3 in deaths.

Observation

- Thing that caused depression is job loss, relationship problems, divorce
- Physical or sexual abuse during childhood

How To Notice It
- Loss of interest in things that were previously liked
- Sleep difficulties
- Emotional changes
- Expressing negative thoughts
- Loss of confidence in oneself

Main References
www.normanrosenthal.com/blog/2012/03/seven-signs-of-a-depression/

Facts
When I researched my topic, I found out:
- It affects more 14-18 years old (high school students)
- Over 41,000 suicides are committed because of suicide in the U.S.