DEPRESSION

Everyone has highs and lows. Depression is the most common reason students seek help from a counselor. Depression can make it hard to manage one's life and stressors that may occur. Symptoms include feeling sad, hopeless, guilty, or worthless, thinking negative thoughts, and having a loss of interest in things going on around you, like academics, work, and social activities.

SIGNS OF DEPRESSION:

- Concentration is often impaired
- Inability to experience pleasure
- Increase in self-critical thoughts with a voice in the back of one's mind providing a constant barrage of harsh, negative statements
- Sleep disturbance or unable to fall back to sleep
- Feeling fatigued after 12 hours of sleep
- Decrease in appetite or food loses its taste
- Feelings of guilt, helplessness and/or hopelessness
- Thoughts of suicide or death
- Increased isolation
- Missing deadlines or a drop in standards
- Change in personality
- Increased sexual promiscuity
- Increased alcohol/drug use

If you experience some or most of these symptoms for more than two weeks, consider seeing a counselor.

HELPING A FRIEND:

Never ignore remarks about suicide. Listen to your friend. Show support. Point out successes and try to boost confidence. Ask your friend to do active things with you. Do not be pushy. Encourage him/her to talk to someone. Talk to a professional on campus to find out what else you can do.

For Temporary Downs: Be with positive people. Do something to help someone else. Talk to someone who will listen. Express yourself through writing, painting, or in a journal. Relax and listen to soft music. Do something you enjoy.

The Center for Counseling and Student Development has caring, trained professionals to help you deal with issues that affect your emotional health. Call 328-6661 to make an appointment.