

## About Depression

Depression can affect anyone at any time. Feeling blue, sad, down in the dumps, or just low is something we all experience at times. Students are often prone to depression while coping with the multiple pressures of school, work, friends, and family. Students who receive high grades or low grades are equally vulnerable to feeling overwhelmed. We all can be pressured to a point where nothing seems to give us pleasure and it becomes hard to get interested in things or just to get started. When we experience these feelings, we may also notice other changes as well.

We may slow down, experience changes in appetite, become irritable, neglect responsibilities and/or self-care, and have difficulty remembering things. Our professors may comment on our inability to concentrate in class. Employers may notice we do not seem to be as productive as usual. Family members may notice changes in our appetite or sleep patterns. We may experience tension and tend to dwell more on our shortcomings than on our achievements. This can become a vicious cycle. The more we focus on negative feedback, the more depressed we become and the more negative feedback we receive.

How do we begin to break the negative cycle? Depression can be overcome with help. Counseling and, at times, (non-habit forming) medication can prove relief. Counseling can help people become better able to cope with their problems by providing support and help, examining the underlying causes of depression and working out possible solutions to problems. Treatment is available at low or no cost to the student.

What if you are not depressed, but someone you care about is? You may want to help, but you may not know how. Professional help is available for students living with depressed persons. In addition, there are special support groups for adults undergoing transition periods—such as adjusting to the loss of a parent or spouse.

If you or someone you care about suffers any of the above symptoms and would like more information, come in and speak with a professional counselor in 0203 James Hall.

**All services are free and confidential.**  
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