



Depression

Depression is more than a day of feeling sad or “down.” It can last a long time, and symptoms can make it difficult for a person to enjoy life and be productive at work, school, or home. Depression is a very common illness and affects almost 7 percent of adults in the U.S.

For those in college, almost a third of students report having difficulty functioning due to feeling depressed. Although college can be an exciting time, it can also be challenging. Depression in students can be related to the following:

- Missing time with friends and family
- Adjusting to different lifestyle and demands
- Trying to balance school/work/home
- Feeling alone and isolated
- Facing a difficult course load
- Worrying about finances
- Relationship issues
- Lack of support

Symptoms of Depression

Depression can look different for each person. But if you have been experiencing four or more of the symptoms below for more than two weeks, think about talking to your doctor or a behavioral health professional. Most people with depression can feel better—often within three to six weeks.

- Moving or talking more slowly
- Loss of interest or pleasure in daily activities
- Feeling sad, anxious, hopeless, or emptiness that won't go away
- Restlessness, feeling “stirred up,” or irritable
- Feelings of worthlessness, guilt, or helplessness
- Isolating from family and friends
- Sleeping too much or too little
- Appetite and or weight changes
- Difficulty concentrating, remembering, or making decisions
- Headaches, stomach problems, nausea, pain with no medical reason
- Tearfulness, excessive crying
- Thoughts of death or suicide
- Lack of energy, fatigue

Treatment for Depression

Depression is treatable. Most experts agree that a combination of talk therapy and medication work best for the treatment of depression. Those with milder depression can be helped with talk therapy and developing effective coping skills. Making positive lifestyle changes is also helpful by focusing on healthy nutrition, exercise, getting adequate sleep, practicing mindfulness, and spending time with supportive friends and family.

Help is Available

Feeling sad or depressed in college can impact a student's success and the overall college experience. If you are experiencing declining grades, missed classes, physical health problems, isolation, or engaging in risky behavior, contact **PCCAPS offered through Centerstone Solutions**. **Treating depression early will not only help you succeed in college but will help you succeed beyond graduation.**

Contact Centerstone Solutions at 800-766-0068 to schedule an appointment.