

Understanding

Depression

Know the Facts

- Nearly half of all college students feel so depressed at some point they have trouble functioning
- Depression is more common among women than among men. Biological, life cycle, hormonal and psychosocial factors unique to women may be linked to women's higher depression rate.
- Men often experience depression differently (they sometimes feel angry and/or agitated) than women and may have different ways of coping with the symptoms.
- **Depression is highly treatable with both anti-depressant medications and therapy. The earlier treatment begins the more effective it can be and the more likely that recurrence can be prevented.**

Source: National Institute of Mental Health

Depression: What is it?

Clinical depression is much more than just “feeling down” or feeling sad. With clinical depression, feelings of extreme sadness, worthlessness, and hopelessness last weeks, months, or even years. When a person has a depressive disorder, it interferes with daily life, normal functioning, and relationships. The vast majority of people diagnosed with depression, even those with the most severe depression, can get better with treatment.

Symptoms

- Feeling sad for two weeks or more without feeling better
- Feelings of hopelessness
- Restlessness and irritability
- Changes in sleep patterns – trouble sleeping or over-sleeping
- Loss of interest in hobbies
- Fatigue and loss of energy
- Feelings of extreme worthlessness and guilt
- Weight gain or loss due to changes in appetite
- Suicidal thoughts or attempts

In Crisis?

Suicide Prevention Lifeline:
1-800-273-TALK



**CONFIDENTIAL SERVICES ARE
AVAILABLE AT:
UCTC Testing & Counseling Center
541- 346-3227**