Depression is very common and can affect anyone, yet it is highly treatable. It’s not a sign of weakness, or something that you can simply “snap out” of.

Everyone gets a case of the blues every once in a while, but feelings of intense sadness that last more than two weeks or a loss of interest in activities you once enjoyed, could be signs of depression.

Depression is Treatable

Sometimes you just need some help to feel better. Most people with depression can begin to feel better with counseling, medication, or other treatment.
RECOGNIZING DEPRESSION

What Causes Depression?

DEPRESSION DOESN’T HAVE A SINGLE CAUSE.
Most likely it’s caused by a combination of factors that may include:

- Family history of depression
- Brain chemistry
- Life events and stressors (academic, personal, or financial stress)
- Alcohol and other drug abuse
- Environmental factors (like a change of seasons)
- Serious illnesses
- Losses
- Bias/discrimination

Everyone feels sad sometimes. Depression is when those feelings of sadness get so intense that they affect how you feel, think, and behave on a daily basis.

SOME COMMON SYMPTOMS OF DEPRESSION

- Feelings of sadness
- Irritability, frustration, agitation, or restlessness
- Loss of interest or pleasure in normal activities
- Insomnia or excessive sleeping
- Changes in appetite or weight
- Indecisiveness, distractibility, or decreased concentration
- Fatigue, tiredness, or loss of energy
- Feelings of worthlessness or guilt
- Trouble with thinking, concentrating, making decisions, or remembering things
- Thoughts of death, dying, or suicide

If you are experiencing these symptoms, it’s important to talk with a mental health or medical provider who can help determine if you have depression.

Depression is Treatable

TAKE THE FIRST STEP

Research shows that the longer people wait to get evaluated or treated, the more severe symptoms can get. A variety of effective and proven treatments are available, which may include counseling, medication, or a combination of both.

If you are concerned that you might be experiencing depression, take the important first step of seeking help.

Drop in to UHS counseling services (333 East Campus Mall, 7th floor) Monday through Friday, 9 am–4 pm, for a consultation.

No appointment needed.

Helping a Friend

Knowing someone you care about has depression is tough. It is common to feel helpless because you aren’t sure what to do.

RECOGNIZE

The first step is recognizing that there is a problem. If you notice a friend or loved one behaving out of character, such as not going to class, pulling away from social activities, or not taking care of oneself, these are signs that they might need help.

RESPOND

You can respond by:

- Encouraging your friend to seek help at UHS counseling services or going with them.
- Becoming more familiar with common signs of depression.
- Talking to them, listening carefully.
- Offering emotional support, patience, understanding, and encouragement.
- Inviting your friend to hang out. If they refuse, keep trying, but don’t push.
- Never ignoring comments about hurting themselves or others.

If you are thinking about harming yourself or have thoughts of suicide, or know someone who is, seek help right away.

If the situation is life-threatening, call 911.

If the situation is not immediately life-threatening, call the 24-hour UHS crisis line at 608-265-5600 (option 9).