

DEPRESSION

Depression is an emotional state...

marked by great sadness and apprehension, feelings of worthlessness and guilt, withdrawal from others, loss of sleep, appetite and sexual desire, or loss of interest and pleasure in usual activities. Paying attention may take great effort. Individuals who are depressed have difficulty taking in what they read and what other people say to them. Conversation may also be chore, and many individuals prefer to sit alone and remain silent. They may speak slowly, after long pauses, using few words and a low voice.

Others are agitated and can't sit still. When confronted with a problem, no ideas for its solution occur to them. Every moment feels heavy, often filled with negative self-talk. Depressed people may also neglect personal hygiene and appearance. Many, feeling dejected and without hope or initiative, may be apprehensive, anxious, and despondent much of the time.

Depression may prevent a student from functioning in class, with friends or family, or when trying to study or socialize. Without treatment, symptoms can last for weeks, months or even longer. Appropriate treatment, however, can help over 80% of those who suffer from depression.

Symptoms of Depression:

- ◆ Persistent sad, anxious or "empty" mood
 - ◆ Feelings of hopelessness, pessimism
 - ◆ Feelings of guilt, worthlessness, helplessness
 - ◆ Loss of interest or pleasure in hobbies and activities that you once enjoyed, including sex and school
 - ◆ Insomnia, early morning awakening or oversleeping
 - ◆ Appetite and/or weight loss or overeating and weight gain
 - ◆ Decreased energy, fatigue, being "slowed down"
 - ◆ Thoughts of death or suicide, suicide attempts
 - ◆ Restlessness, irritability
 - ◆ Difficulty concentrating, making decisions
 - ◆ Persistent physical symptoms, such as headaches, digestive problems and chronic pain
- Decline in personal hygiene or concern about appearance

What you can do if you believe you or a friend may be experiencing Depression:

- ◆ Call P&CS at (858) 534-3755, or come directly to our Central Office at Galbraith Hall 190, and request to meet with one of our psychologists; the Intake Coordinator will schedule an appointment for you.
- ◆ During business hours (8:00am-4:30pm): If this is an urgent matter and you need to speak with someone immediately, call (858) 534-3755, and indicate the seriousness of your situation; you will be able to speak with a psychologist shortly.
- ◆ Outside business hours: If this is an urgent matter and you need to speak with someone immediately, call (858) 534-HELP, and your need to speak with a psychologist; you will be able to speak with a psychologist shortly.



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**counseling and
psychological services**

(858)534-3755

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