

Depression By the Numbers

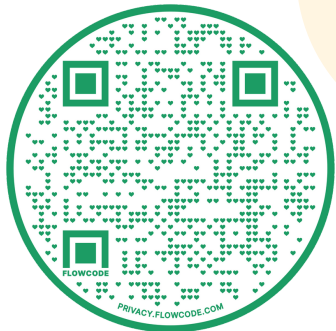
YOU ARE NOT ALONE

The prevalence of adults with depressive episodes was highest among individuals aged 18-25 (13.1%)

Of those who treat their depression or depressive episode with counseling or medication, 6% use medication alone.

Depression has been one of the top 3 presenting concerns for college students nationwide for the last 10 years.

Up to 80% of those who receive treatment for depression generally improve within 2-6 weeks of starting treatment.



Take the Online Depression Screening!

Suffolk Counseling, Health and Wellness

73 Tremont St, 5th Floor | 617-5573-8226
suffolk.edu/chw | @chw_super

Regular Hours:

Mon-Fri: 9 am-5 pm

After Hours Counseling Support

Call 617-573-8226 and follow the prompt.

Urgent Appointments:

Call 617-573-8226 to schedule an urgent telehealth counseling appointment or walk-in 11am - 5pm on weekdays.

988 Suicide & Crisis Lifeline:

Call or text to be connected to a trained counselor at a crisis center near you

Depression Awareness

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Identifying Depression

- A depressive episode can be a period of 2 or more weeks when a person experiences symptoms including sad or depressed mood, loss of interest or pleasure, or "not feeling like yourself".

People experience depression in different ways, and not everyone who is depressed experiences every symptom.

Common Symptoms of Depression

- Loss of interest or pleasure in hobbies and activities.
- Persistent sad, anxious, or "empty" mood.
- Decreased energy or fatigue.
- Difficulty sleeping, early-morning awakening, or oversleeping.
- Suicidal thoughts
- Difficulty concentrating, remembering, or making decisions.
- Appetite and/or weight changes.
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause.

Common Types of Depression

Major Depression

This includes symptoms of depression for the majority of the days for at least a 2 weeks, that typically interfere with one's ability to study, work, or engage socially with others.

Seasonal Affective Disorder

This comes and goes with the seasons, typically starting in late fall and early winter and going away during spring and summer.

Causes of Depression

● Biology

Depression and anxiety can be genetic; often it is the combination of stressful life events with a genetic predisposition that can result in depression or anxiety. It is never a personal failing to experience depression.

● Unresolved Chronic Stress

When people do not receive enough support or have not resolved ongoing stressors such as experiencing a significant loss, ongoing family dysfunction, recurring experiences of inequality or bias, and/or other ongoing concerns, depression can be one way our bodies let us know we need to ask for help. Treatment for depression helps individuals address unresolved concerns and develop new ways of coping and advocating for their needs.



Treatment

- Depression, even when severe, can be treated successfully.
- Make an appointment with Counseling, Health and Wellness to find out how CHW can help.
- Depression is treated with psychotherapy, medication, or a combination of the two.

No two people are affected in the same way by depression and there is no "one-size-fits-all" for treatment.

Other Tips for Coping With Depression

- Stay active and involved in regular exercise.
- Set realistic goals for yourself.
- Try to spend time with other people and confide in a trusted friend or relative.
- Continue to educate yourself about depression.