Depressive disorder, frequently referred to as depression, is more than just feeling sad or going through a "rough patch." It’s a serious mental health condition that requires understanding & care.

Left untreated, depression can be debilitating. Fortunately, with treatment people can & do get better.

Don’t wait - there is something you can do about it.

About one-third of US college students had difficulty functioning in the last 12 months due to symptoms of depression.

People of all ages, genders & all racial, ethnic & socioeconomic backgrounds experience depression.

Information Adapted from the National Alliance on Mental Illness
POSSIBLE SYMPTOMS OF DEPRESSION

For most people, a depressive episode changes how they function day-to-day & typically persists for more than two weeks.

Common symptoms include:

- Withdrawal from loved ones
- Changes in sleep & appetite
- Tearfulness, at times without knowing why
- Lack of concentration
- Loss of energy
- Lack of interest in activities
- Hopeless/guilty thoughts
- Lethargy or agitation
- Physical aches & pains
- Suicidal thoughts

CAUSES OF DEPRESSION

Genetics: Mood disorders (like depression) can run in families.

Life Circumstances: Unresolved feelings about losses or changes in relationships, finances, family, and/or housing. Individuals who experience ongoing marginalization or oppression based on identity may also experience depression.

Drug & Alcohol Abuse: Alcohol & other drugs can worsen symptoms of depression. About 30% of people who struggle with substance abuse also have depression.

Medical Conditions: People who have a history of sleep disturbances, chronic pain, and/or sudden or chronic illness can be more likely to develop depression. Some medical diagnoses (like hypothyroidism) can mimic traits of depression.

Trauma: When people experience trauma at an early age, it can cause long-term changes in how the brain responds to fear & stress, often resulting in depression.

For More Information: apa.org/helpcenter/depression

THINGS THAT HELP DEPRESSION

- Professional assistance when symptoms regularly impact daily life (call or visit CHW to meet with a counselor for free!)
- Visit suffolk.edu/chw to check-out online resources
- Get outside to enjoy the sunshine & get moving
- Spend time with supportive loved ones
- Practice mindfulness & relaxation by using wellness apps like Headspace

*In cases of life threatening mental health emergencies, call 911, SUPD 617-573-8111, or go to your nearest hospital ER