

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

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.



COUNSELING, HEALTH & WELLNESS

Academic Year Hours
Mon - Thurs: 9 am - 6 pm
Fri: 9 am - 5 pm

Summer Hours
Mon - Fri: 9 am - 5 pm

Crisis Counseling
Crisis counselor is available
Monday - Friday 11 am - 4 pm

After Hours Support
To speak with a counselor
after hours or on the
weekend, call
617-573-8226



DEPRESSION



**LET'S TALK
ABOUT
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**

For More Information:
[apa.org/helpcenter/depression](https://www.apa.org/helpcenter/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..

CAUSES OF 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](https://www.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**