

# Depression in College Students

Depression **IS** a Serious,  
**Medical Condition**

Depression **IS**  
**Extremely Common**

Depression **IS**  
**TREATABLE**

Depression  
**MUST NOT**  
**Be Ignored**

Treatment/Prevention  
Includes\*:

**Seeking/Accepting  
Help**

Plenty of Rest  
Proper Nutrition  
Adequate Exercise  
Possible Medication  
Possible Counseling

## Common Signs and Symptoms:

1. At Least 2 weeks of  
Sad/Empty Feelings.
2. Plus At Least 4 Additional  
Signs/Symptoms\*:  
Feelings of Hopelessness  
Family History  
Changes in Appetite  
Changes in Energy  
Anger/Irritability  
Concentration Issues  
Chronic unexplained  
aches/pains  
Suicidal thoughts/attempts

\*Not complete listing

**Student Health Services**  
**(312) 567-7550**  
**[Student.health@iit.edu](mailto:Student.health@iit.edu)**

