Depression in College Students

Depression IS a Serious, Medical Condition
Depression IS Extremely Common
Depression IS TREATABLE
Depression MUST NOT Be Ignored

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

Treatment/Prevention Includes*:

Seeking/Accepting Help
Plenty of Rest
Proper Nutrition
Adequate Exercise
Possible Medication
Possible Counseling

*Not complete listing

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