

College is a challenging and exciting experience. Adjusting can be difficult and you can do things to stay on top of everything (see *Adjusting to College Life*) but if you are becoming overwhelmed with it all you might begin to experience periods of depression. Depression among other mental health concerns is fairly prevalent, in fact, 1 in 4 persons are affected by a mental health illness.

DEPRESSION FACTS:

- 30 percent of students feel “so depressed it was difficult to function” during the past year ¹
- Nearly $\frac{3}{4}$ of college students with a mental illness reported experiencing a mental health crisis while attending ²
- Depression is highly treatable.
- Between 80-90% of people that seek treatment for depression are treated successfully ³

1. American College Health Association. American College Health Association-National College Health Assessment II: Reference Group Executive Summary Fall 2011. Hanover, MD: American College Health Association; 2012.

2. NAMI. College Students Speak: A survey report on mental health; 2012

3. National Institute of Health, 1998

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ABOUT US

Donnelly College Counseling Center specializes in offering professional counseling services to Donnelly College students. The Center is staffed by mental health care professionals such as Licensed Professional Counselors, Licensed Clinical Social Workers and mental health counseling graduate students under direct clinical supervision.

CONTACT US

The Counseling Center is located on the 7th floor of the main building in room 710.

FALL/SPRING HOURS

Monday – Friday
8:30 a.m. – 4:30 p.m.

SUMMER HOURS

Monday – Thursday
8:00 a.m. – 5:00 p.m.

APPOINTMENTS

If you wish to make an appointment, call 913.621.8781 or email d Camden@donnelly.edu.

VISIT OUR WEBSITE FOR:

Information about our services, links to helpful resources and information, anonymous online mental health screenings and more.

www.donnelly.edu/counseling



DONNELLY COLLEGE

608 N. 18th St. Kansas City, KS 66102 | donnelly.edu | 913.621.8700

The College is accredited by The Higher Learning Commission and a member of the North Central Association, 230 South LaSalle St., Suite 7-500, Chicago, IL 60604-1411; (800) 621-7440; www.ncahlc.org. Donnelly College maintains an open and welcoming environment, and does not discriminate on the basis of a person's sex, race, color, creed, religion, age, national origin, ancestry or disability.



WELLNESS FOR LIFE:
DEPRESSION

donnelly.edu/wellness

DEPRESSION IN TEENS & COLLEGE STUDENTS

WHAT IS DEPRESSION?

Depression is a common but very serious mental illness. From time to time, most people experience feeling "low" during challenging times in their life which can last for a short time but then end. Depression however is more intense and persistent affecting your day-to-day activities.

WHAT ARE THE SIGNS AND SYMPTOMS OF DEPRESSION?

Some of the common symptoms of depression include feeling hopeless, feeling tired, not being able to sleep, or sleeping too much, overeating, or not wanting to eat at all, loss of interest in favorite activities and having thoughts of suicide. These symptoms can affect your life in many ways, especially in your college experience. For example, if you are not sleeping well, you could have trouble getting out of bed to get to class. And if you are feeling hopeless, you have trouble seeing the point of going to class.

WHAT CAUSES DEPRESSION?

Some individuals experience depression because of external factors. Stress, poor nutrition, physical illness, personal loss, and school or relationship difficulties can trigger depression. Other individuals may experience depression because of imbalances in brain chemistry. Regardless of the cause, depression is treatable.

WHAT DOES TREATMENT LOOK LIKE?

The good news is that treatment is available for depression. The first step toward getting treatment is to speak to a doctor or mental health provider. He or she can help determine if you have depression and what types of treatment could be effective for you. There are different types of depression such as major depression and persistent depressive disorder. Treatment options can include psychotherapy (or "talk therapy"), medications, or a combination of both. The Counseling Center staff specializes in psychotherapy and other therapeutic interventions while visiting with a Counselor. A good treatment plan and actively managing your depression can give good results.

Note: Bipolar disorder, also called manic-depression, is a different illness where mood changes in extreme highs (mania) and lows (depression). Different treatment options are available so speak to your health care provider.

HOW CAN I MANAGE MY DEPRESSION?

Like any other medical condition, take managing your depression seriously. If you are prescribed to take medications, keep in mind that many such as antidepressants can take weeks to notice any change. Keep your doctor informed of your progress as it can take time to find the right medication and dosage. Speak with your doctor or medical provider before going off your medication or changing the dosage. Participating in counseling can help you navigate through challenging personal, social and emotional issues, which can impact your depression.

WHAT ELSE CAN HELP MY DEPRESSION?

There are many ways you can start to feel better in addition to psychotherapy and medication. Maintaining a routine sleep schedule with at least 7 to 8 hours of sleep can help improve your mood. Exercising for 30 minutes a day increases endorphins and gets your blood flowing. Depression often affects appetite, whether it is overeating or not having an appetite. It is important to eat healthy and balanced meals. Paying attention to your sleep, exercise, and diet can improve mood and help you take care of yourself.

CAN DRUGS AND ALCOHOL IMPACT DEPRESSION?

Drugs and alcohol are often present with depression. Some individuals who are depressed turn to drugs and alcohol to cope. Others use drugs and alcohol and then become depressed. It is hard to pinpoint which comes first, depression or drug use, but both are important to treat. Share with your counselor or medical provider if you are concerned about your drug and alcohol use.

HOW CAN I HELP A FRIEND WHO IS DEPRESSED?

Support from peers, friends, and family is very important for someone who is depressed. Let your friend know that he or she is not alone and that you are there for support. Gently encourage your friend to seek treatment and offer understanding and patience. Share resources with your friend such as the Counseling Center website at www.donnelly.edu/counseling. If your friend mentions wanting to harm themselves or others, it is critical to call the Counseling Center (913) 621-8781, campus security at (913) 433-3350, or 911 immediately to get help. If not from Donnelly, a local mental health agency, such as Wyandot Center at www.wyandotcenter.org which serves residents of Wyandotte County can assist.

WHERE CAN I GET HELP?

Fortunately, most colleges and universities offer free or low cost psychological services. At Donnelly College, students, staff and faculty can receive services from the Counseling Center for free. If more specialized services are needed or services off campus are desired, referrals can be made.

Consultations are also available for those wanting more information about counseling services. Contact the Center, located in RM 710, or email dcamden@donnelly.edu for more details.

If you or someone you know, is in suicidal crisis or emotional distress please call the National Suicide Prevention Lifeline at (800) 273-TALK (8255)

**NATIONAL
SUICIDE
PREVENTION
LIFELINE**
1-800-273-TALK (8255)
suicidpreventionlifeline.org



**YOU ARE
NOT ALONE.**

**RESOURCES
AND TREATMENT
ARE AVAILABLE
FOR DEPRESSION.
REACHING OUT CAN BE THE
MOST DIFFICULT STEP, BUT THE
COUNSELING CENTER IS HERE
TO PROVIDE MORE INFORMATION
ABOUT DEPRESSION OR BEGIN
GETTING THE HELP YOU NEED. THE
RIGHT TREATMENT CAN IMPROVE
YOUR MOOD, RELATIONSHIPS, AND
SCHOOL PERFORMANCE.**