



DEPRESSION

DEPRESSION

is a **COMMON** mood disorder that causes a persistent feeling of sadness and loss of interest for at least two weeks or longer

(Mayo Clinic, 2020)

31%

of US students reported at least one instance in 2019-20 of feeling so depressed that it was difficult to function
(Mei et al, 2020)

43%

of US students reported feeling sad and hopeless almost every day
(Mei et al, 2020)

SIGNS OF DEPRESSION

- Feelings of sadness & emptiness
- Irritability & frustration
- Loss of interest in things normally enjoyed
- Sleeping too much or too little
- Tiredness and lack of energy
- Changes in appetite
- Negative changes in academic performance
- Unexplained physical problems, such as back pain or headaches
- Anxiety and restlessness
- Feelings of worthlessness or guilt
- Trouble thinking and concentrating
- Frequent or recurring thoughts of death or suicidal thoughts

(Mayo Clinic, 2020)

RISK FACTORS

- Personal or family history of depression
- Major life changes, trauma, or stress = COLLEGE
- Certain physical illnesses and medications

(NIMH, 2018)

Take it one step at a time

Avoid doing too many things at once. Instead, break up large tasks into small ones. Try different time management methods.

Care for yourself

Get daily exercise, eat well, spend time in nature, get enough sleep, and avoid alcohol and drugs. Using alcohol and drugs is a poor way to cope with stress, and may contribute to the development of depression. Using stimulants to stay up and study also can lead to mood changes.

Seek support

Spend time with supportive family members and friends or seek out student support groups. Contact the university counseling center.

Have fun

College clubs and activities can be a great place to make friends and try something new.

(Mayo Clinic, 2020)

WHAT
YOU
CAN
DO!

IMPACT OF COVID-19

MORE PRONE TO SADNESS

during this period of social isolation, uncertainty, and abrupt transitions

(Department of Psychiatry at Michigan State, 2020)

REMOVAL FROM SOCIAL SUPPORT SYSTEM

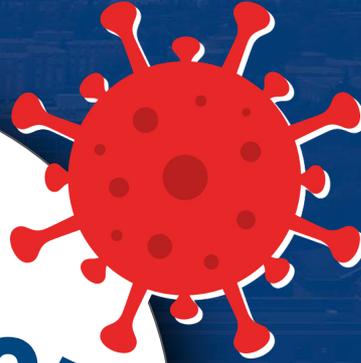
and extracurricular activities at school can cause students to feel less connected with their friends, organizations, and hobbies

(Department of Psychiatry at Michigan State, 2020)

81%

of college students reported the pandemic caused them greater disappointment and sadness

(Kecojevic et al, 2020)



GREATER UNCERTAINTY

about future, own health, and the health of friends and loved ones

(Department of Psychiatry at Michigan State, 2020)

SITUATION IS STRESSFUL and anxiety-provoking

(Department of Psychiatry at Michigan State, 2020)

