

DEPRESSION AMONG US

WHAT IS DEPRESSION?

Major Depressive Disorder



People with major depression experience symptoms most of the day, every day.

Persistent Depression



Depression that lasts for two years or more. It's also called dysthymia.

Bipolar Disorder



Consists of periods of mania, and alternating with episodes of depression.

Seasonal Depression



Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons

SIGNS & SYMPTOMS



low mood



appetite change



sleep disturbance



isolation



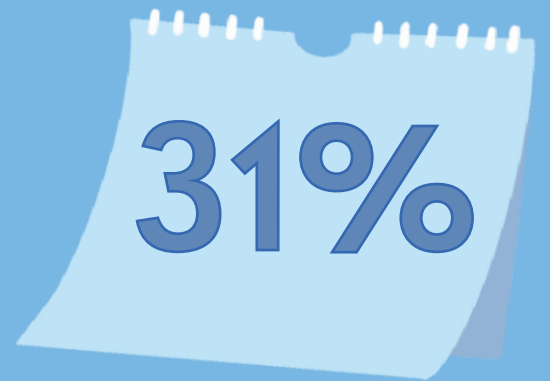
agitation



fatigue



difficulty concentrating



31% of college students have felt so depressed in the past year that it was difficult to function

1 in 8 women develop depression in their lives



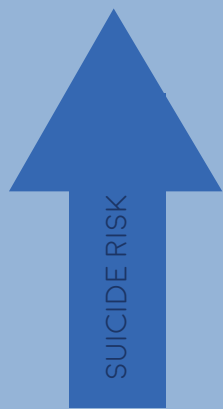
2X MORE LIKELY THAN MEN TO STRUGGLE WITH DEPRESSION

OVER 75% of suicides are made by men & suicidal ideation is 4X higher among male students compared to female.

MANY MEN FAIL TO RECOGNIZE OR ACKNOWLEDGE THEIR DEPRESSION AND FAIL TO SEEK HELP.

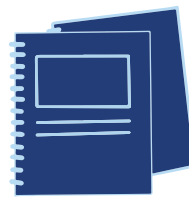


AN ESTIMATED 30% of college age suffering with depression also develop substance abuse problems.



College aged students are 12 times more likely to attempt suicide due to depression.

LEADING CAUSES OF DEPRESSION IN COLLEGE



Academic Stress



Traumatic Event



Romantic Problems



Divorcing Parents

80% OF TEENS NEVER RECEIVE HELP FOR THEIR DEPRESSION.

HOW IS DEPRESSION TREATED?



Music



Schedule



Medication



Exercise



Healthy Food



Psychotherapy

NATIONAL
SUICIDE PREVENTION LIFELINE
suicidepreventionlifeline.org

National Suicide Prevention Lifeline strives to help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

800-273-8255

THERE IS ALWAYS HELP