

Depression

Student Counseling

Cumming
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Room 236

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If you need this document in an alternate format for accessibility purposes please contact Betsy Chaput at betsy.chaput@ung.edu.

Depression in college students is common for a variety of reasons. According to a National College Health Assessment survey completed in 2015 by the American College Health Association, 16.6% of college students reported “feeling so depressed it was difficult to function,” at least once in 30 days. About 40% of college students reported having sought professional help for their mood symptoms. Depression is more than just a bad mood and may be worrisome if it persists longer than two weeks. Depression symptoms can range from mild, to moderate, to severe, depending on the length of time and severity of the symptoms.

Symptoms of depression typically include emotional, physical, behavioral, and/or cognitive (perceptual beliefs) changes.

Emotional Symptoms

- Sadness, crying, irritability
- Anxiety or Panic
- Guilt
- Anger
- Mood swings
- Helplessness
- Hopelessness
- Feeling overwhelmed

Behavioral Symptoms

- Withdrawal from people and situations
- Easily angered
- Unmotivated to set or meet goals
- Loss of interest in one’s physical appearance
- Loss of interest in activities that were once enjoyable
- Increased use of alcohol or drugs

Physical Symptoms

- Sleeping too much or too little
- Overeating or loss of appetite
- Constipation
- Rapid weight gain or rapid weight loss
- Irregular menstrual cycle
- Loss of sexual desire
- Crying for no apparent reason

Self-Defeating Thoughts/Perceptions

- Feelings of being a failure
- Criticizing oneself frequently
- Disappointment
- Feeling helpless or hopeless
- Blaming oneself for unfortunate happenings
- Pessimism about the future

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Coping with Depression and Regaining a Positive Outlook

- Be aware of the cause of your depression and try to be optimistic about the future.
- Try to be aware of your negative thoughts and replace them with positive ideas.
- Focus on your positive experiences.
- Make a weekly list of your positive accomplishments.
- Get socially active.
- Make a weekly schedule of your daily activities and do not forget to include social activities.
- Find a hobby or two.
- Exercise daily.
- Use self-relaxation techniques whenever you feel tense. For example, slowly breathe in and out for several minutes until your whole body feels relaxed.
- Do some volunteer work to keep you active.
- Set realistic goals.
- Learn to accept that everyone has different abilities and focus on your unique characteristics and positive accomplishments.
- Be assertive when you are expressing anger.
- Try to know and develop your strengths.
- Get professional help if symptoms of depression persist.

Getting help is just a step away!

Other resources:

On-line mental health screening: www.jedfoundation.org

Mental Health information: www.ulifeline.org