



# DEPRESSION

Depression is a mood disorder that causes persistent feelings of sadness and loss of interest.

## Signs and Symptoms of Depression:

- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation or restlessness
- Slowed thinking, speaking or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide
- Unexplained physical problems, such as back pain or headaches
- Poor performance or poor attendance at school
- Feeling misunderstood and extremely sensitive
- Using recreational drugs or alcohol
- Self-harm
- Loss of interest in normal activities
- Avoidance of social interaction

Depression may require long-term treatment. Most people with depression feel better with medication, psychotherapy or both.

## Resources are available 24/7

- Call UHS at (574) 631-7497 or come visit our office for referrals.
- Visit the University Counseling Center website (<https://ucc.nd.edu/>) for their up-to-date list of resources available to students 24/7:
- National Suicide Prevention Lifeline: (800)273-8255



## What UHS offers:

- LCSW on staff to meet with you to discuss your needs, and help identify a plan moving forward. This may include being referred to the UCC and/or scheduling with a UHS primary care physician.

UHS primary care providers are the #1 prescriber of mental health medications on campus.

University Counseling Center advice for managing depression:



HelpGuide for Depression:



Saint Liam Hall, Notre Dame  
(574)631-7497 - [uhs.nd.edu](https://uhs.nd.edu)