



# THE CENTER FOR COUNSELING AND MENTAL HEALTH WELLNESS

Services offered by the Center for Counseling and Mental Health Wellness are free for enrolled students of Tennessee Tech and are confidential. Our mission is to promote healthy student development during the college experience.



## DEPRESSION

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider. This is not intended for diagnostic purposes.

Terlizzi, E. P. & Zablotsky, B. (2024). Symptoms of anxiety and depression among adults: United States, 2019 and 2022. National Health Statistics Report, 213. <https://dx.doi.org/10.15620/cdc/64018>.

### Contact Us:



**Phone**  
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# Depression

It is more than feeling sad, blue, or down in the dumps. It is normal to feel sad or depressed when big changes happen. But if you are not able to do your normal activities after a 2 week period, it may be helpful to talk to a professional

## What causes depression?

### Big life changes

- Increased stress, struggling to balance school and personal life, loss of a loved one, traumatic events, financial stress, ending of a romantic relationship, conflict with peers

### Health factors

- Major illness or injury, diet, family history, chronic pain, increase use of alcohol and/or drugs

## Taking care of yourself

Adjusting to college life can be difficult while obtaining your degree. Take time to address what symptoms are getting worse and develop coping strategies to support your well-being. Consider incorporating more physical activity to your routine or making small, positive changes to your diet, as these can significantly boost your mood. Reaching out to a trusted family member or friend, a medical professional, or a counselor can provide valuable support in navigating college life.

# Symptoms

- Changes in sleep
- Changes in appetite
- Difficulty concentrating
- Loss of energy mentally or physically
- Lack of interest in activities
- Low motivation
- Hopelessness
- Changes in movement
- Feelings of worthlessness
- Recurrent thoughts of death and/or suicide

Depression can happen to anyone - it is not a sign of weakness and looks different for everyone.