

# October is Depression Education and Awareness Month

## What is Depression?

It's normal to experience sadness, grief, feeling "blue" or "down in the dumps." However, depression is different. Depressive symptoms occur nearly all day, every day for more than two weeks and can range from mild to severe. Symptoms can also look differently from person-to-person, impacting women and younger adults more than others.<sup>1</sup>

## Symptoms Include:

- Feeling sad, irritable, empty and/or hopeless.
- Losing interest or pleasure in activities you once enjoyed.
- A significant increase/decrease in appetite and/or weight loss/gain unrelated to dieting.
- Sleeping too little or too much.
- Decreased energy or increased tiredness or fatigue
- Increase in purposeless physical activity (e.g., inability to sit still, pacing, handwringing) or slowed movements or speech that are severe enough to be observable by others.
- Feeling worthless or excessively guilty.
- Difficulty thinking or concentrating, forgetfulness, and/or difficulty making minor decisions.
- Thoughts of death, suicidal ideation, or suicide attempts.

## Prevention Strategies:

- Speak with your primary care provider or a mental health professional, including a BC counselor.<sup>2</sup>
- Rest well, eat well, and exercise.<sup>5</sup>
- Decrease your negative self-talk.
- Connect with your social supports (e.g., friends, family).<sup>2</sup>
- Engage in self-compassion (be kind to yourself).<sup>3 & 4</sup>

## Bellevue College Resources

- Bellevue College's Counseling Center offers free and confidential mental health services to students. Visit our website to learn more, access resources, or to schedule an appointment.
- Drop-in crisis counseling services are available Mon-Fri from 9 am to 4 pm in U201 for students who identify as being in imminent harm to themselves or others or are in high emotional distress.



## 24/7 Crisis Support

If you or someone you know is experiencing a crisis, these resources can offer assistance:

- **Crisis Connections:** Free 24-hour crisis support via phone. Call 988.
- **Crisis Text Line:** Free 24-hour crisis support via text message. Text "HOME" to 741741 to get started.