What is Depression?

Depression is a serious, but common, illness that is marked by overwhelming feelings of sadness and anxiety. Unlike occasionally feeling “blue,” uninterested, or distant, depression lasts for a long time.

It is not uncommon to experience occasional feelings of sadness or anxiety in college. But it is when these feelings interfere with daily life that treatment should be considered. Depression is diagnosed and treated by professionals.

Untreated depression can often lead to thoughts of suicide. If these thoughts have occurred, please seek help right away from a local provider or 24 hour hotline.

If you think DEPRESSION is affecting your academic experience, personal relationships and or work life we can help. Just give us a call, send an email or drop in for an appointment.

Information provided by National Alliance on Mental Health, 2013 and the Anxiety and Depression Association of America, 2013
Facts to Consider:

✧ 1 out of every 4 college students suffers from some form of mental illness, including depression
✧ 44 percent of American college students report having symptoms of depression
✧ 75 percent of college students do not seek help for mental health problems
✧ Suicide is the third leading cause of death among college students
✧ Young people diagnosed with depression are five times more likely to attempt suicide than adults

Steps to Manage Depression

Learn to recognize signs of depression. Exercise and eat healthy. Take time to complete your assignments. Take slow and deep breaths. Practice self-care. Pay attention to suicidal thoughts. Take care of yourself and do not be afraid to ask for help. Give yourself positive affirmations and know that you matter!

Those who struggle with depression often:

• Feel a loss of interest in activities that were once enjoyable
• Feel a lack of energy and motivation
• Experience thoughts of suicide or suicide attempts
• Feel physical aches and pains, headache, and nausea
• Eat too much or not enough
• Have trouble falling asleep, getting enough sleep, or waking up

Information provided by the National Institute of Mental Health, 2014

Get Connected

✧ Wellness Center- PH- 845-9180
✧ 24-hr- Access line for support- PH- 832-3100
✧ Contact your Community Mental Health Provider
✧ To take a depression screening yourself visit http://screening.mentalhealthscreening.org/honolulu

Wellness Center

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