

COUNSELLOR'S CORNER: *DEPRESSION*

Most of us have experienced waking up in a bad mood or “feeling the blues”. These feelings are usually of short duration and have minimal impact on our lives. Some people experience sadness, loneliness, hopelessness, self-doubt, and guilt for weeks, months and even years. These experiences characterize depression, an illness believed to affect one in ten.

Here are some signs which might indicate that you or someone you care about is experiencing depression:

FEELINGS- loss of joy in formerly pleasurable activities; crying a lot or feeling emotionally “empty”; hopelessness; worthlessness; loss of warmth towards key people in life; loss of sexual desire; deep sense of shame or self-doubt.

PHYSICAL- overwhelming exhaustion and lack of energy; insomnia or sleeping too much; loss of appetite or over-eating; physical aches and pains; digestive problems; headaches.

BEHAVIOUR- irritability, withdrawal; neglect of responsibilities or appearance; reduced concentration, memory or ability to cope with daily activities.

If these symptoms persist, or if their intensity is causing you to consider **suicide** as an option, it is important to seek assistance with a knowledgeable professional. On campus, counsellors are available in Counselling Services (1A103); a nurse and doctor are available in Health Services (1A102).

A Message from Counselling Services