

DEPRESSION

Signs of Depression

- Feeling sad or down most of the time
- Excessive or unrealistic guilt
- Restlessness or slowing down of physical movement
- Loss of energy or fatigue
- Change in hygiene
- Believing that you are a failure or have let down loved ones
- Life seems meaningless or hopeless
- Frequently having a negative attitude and expecting the worst
- Lose of interest in activities such as clubs, sports or other social events
- Isolating and wanting to be left alone most of the time
- Difficulty concentrating and making decisions
- Frequent forgetfulness
- Poor self-esteem
- Difficulty with schoolwork
- Sense of being overwhelmed
- Emotional outbursts such as tearfulness, anger or irritability
- Significant, unplanned change in sleep, weight, and/or eating patterns
- Thinking of harming/killing yourself or that you would be better off dead

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If you have experienced several of these concerns, you may have depression, a real illness. 322 million people around the world live with depression. (ADAA, 2022) Nobody chooses to have depression, but can function best with treatment.

The SMSU Counseling and Testing Center has mental health professionals who can meet with you to talk about concerns ranging from adjustment difficulties to major mental health challenges. Services are confidential and free to students. We are open year round, Monday through Friday, 8:00am to 4:30pm.

After hours crisis services are available through:

- Western Mental Health Center at 507-532-3236
- Avera Marshall Emergency Room and/or 911
- 988 Suicide & Crisis Lifeline (call 988)
- Crisis Text Line (Text HOME to 741741)

MENTAL HEALTH COUNSELING CENTER

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