FEELING BLUE?

Life can get us all down at times; but if you’re down for a prolonged period of time with no real explanation, depression may be the cause.

SOME SIGNS OF DEPRESSION

- Persistent feelings of sadness, anxiousness, emptiness, pessimism, guilt, or hopelessness
- Loss of interest in activities, decreased energy
- Insomnia, restlessness, oversleeping, difficulty concentrating, low appetite, overeating, headaches that don’t respond to medication
- Thoughts of self-harm

WHAT TO DO

- The first step is to seek support from a healthcare/mental health provider so they can assess the situation.
- Some of the things they may discuss include your symptoms, history of depression, medical history, and alcohol/drug use, among others.
- NYU Counseling and Wellness Services (CWS) offers free, one-on-one, short-term, confidential counseling services, and referrals for longer-term sessions to affordable therapists in New York City.
- NYU Group Counseling (through CWS) offers the opportunity to receive support from people with concerns similar to yours.
- NYU Toolkits (also through CWS) are workshops that improve personal wellbeing by teaching skills for dealing with anxiety and stress and strengthening time management abilities.

WHERE TO GO

If you believe you have depression, or are worried about a friend, it is important to seek support from a professional to receive the specific help you may need. In the meantime, make extra time to be with friends and family. Very often simply speaking to someone who cares can make a world of difference.

To make an appointment with a counselor, call Counseling and Wellness Services at 212-998-4780. To speak with someone right now, call the Wellness Exchange at 212-443-9999. COUNSELORS ARE AVAILABLE 24/7 TO HELP.