

OCTOBER IS DEPRESSION AWARENESS MONTH

If you are interested in learning more about depression, **CONFIDENTIAL MENTAL HEALTH SCREENINGS** will take place on the following days:

NDSCS WAHPETON

Hektner Student Center

Thursday, October 5

11:30 a.m.-1 p.m.

NDSCS-FARGO

Room 105

Wednesday, October 11

11:30 a.m.-1 p.m.

SIGNS & SYMPTOMS

If you experience some of the following signs and symptoms most of the day, nearly every day, for at least two weeks, you may be suffering from depression:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

NDSCS Counseling Services offers free and confidential counseling to address a variety of needs.

Please call 701-671-2286 regarding any questions or if you would like to make an appointment.

Reproduced with permission from the National Institute of Mental Health. National Institute of Mental Health (2013). Depression. Retrieved August 30, 2016, from www.nimh.nih.gov/health/topics/depression/index.shtml