

# DEPRESSION

## > WHAT IS IT?

Depression is a prolonged and persistent negative mood that can interfere with many aspects of your life. We've all felt down or sad at times, but when it becomes intense and lasts for an extended period of time it may be time to speak with a counselor about your concerns.

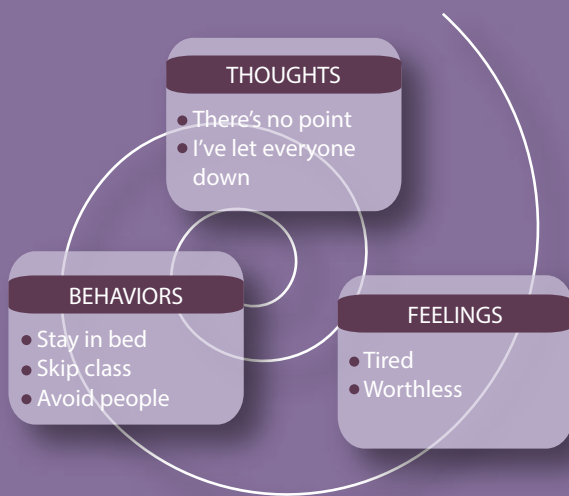


## > HOW DO I KNOW IF I'M DEPRESSED?

Signs and symptoms of depression vary from person to person. Loss of pleasure in activities you used to enjoy, sleep problems, sadness, anxiety and a loss of energy are all common symptoms.

We offer an online screening to assess your depression symptoms.

Click on the "Take an Online Screening" button under our self-help "Online Resources" page on our website to take a screening.



CYCLE OF DEPRESSION

## > BREAKING THE CYCLE: Change Your thought Process

1. Identify your negative thinking style
2. Use a thought log to help yourself work through situations and find more helpful ways to reframe your thoughts



## You're not alone...

1 OUT OF EVERY 4 COLLEGE STUDENTS suffer from some sort of mental illness, including depression

(MICHAEL KERR HEALTHLINE.COM)

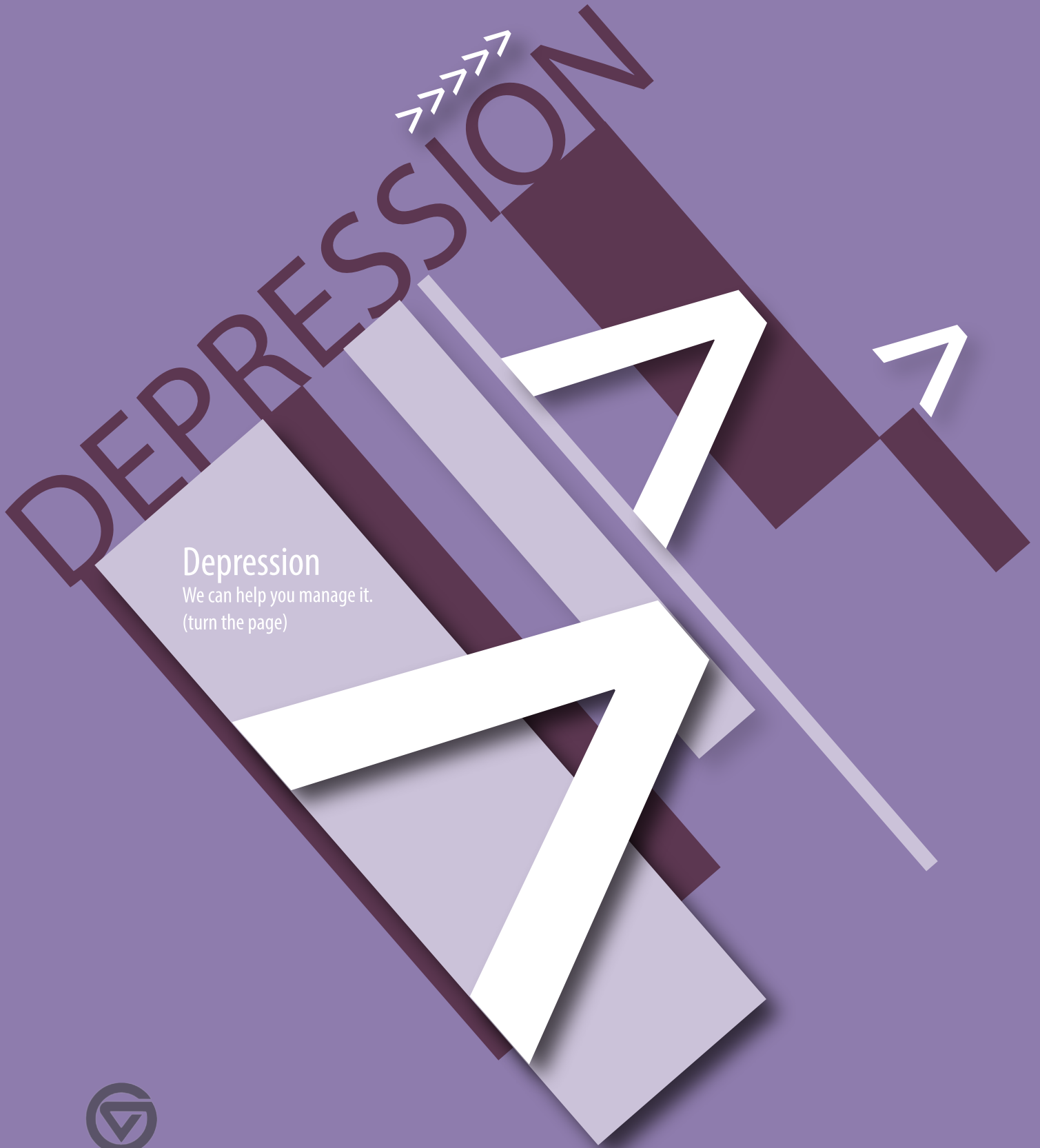


VISIT OUR WEBSITE  
([www.gvsu.edu/counsel](http://www.gvsu.edu/counsel))





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## Depression

We can help you manage it.  
(turn the page)



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