



Dealing with  
Depression  
Doesn't  
Have To Feel  
Lonely.

## What is Depression?

Depression is a severe medical illness that negatively impacts emotions, thoughts, and actions. Treatable, it causes sadness and loss of interest in activities, leading to emotional and physical problems and decreased work and home functioning.

## Who's At Risk?

Depression affects 6.7% of adults annually, and 16.6% of people will experience it at some point in their lives. It typically begins in late teens to mid-20s, with women being more likely to experience depression. Heritability is high, with 40% of first-degree relatives having depression.

## Signs and Symptoms:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., inability to sit still, pacing, handwringing) or slowed movements or speech (these actions must be severe enough to be observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide

Don't fight  
depression  
alone.



## UHD COUNSELING SERVICES

Counseling Services is designed to help you maximize your mental health and effectiveness at home, school or work. Through our services, you will receive confidential, personal support for a wide range of issues, from everyday concerns to serious problems.

Whether you want advice about a relationship, need to talk to someone about drug use, or are simply feeling overwhelmed by school life, we can help. You have access to contact us via online and can also receive crisis support over the phone or schedule an appointment with us.

All records, including medical information, referrals and evaluations, are kept confidential in accordance with federal and state laws.

## Fight Depression with Us



### Types of Treatments

Depression is a treatable mental disorder, with treatment resulting in relief for 80%-90% of patients. A thorough diagnostic evaluation, including interviews, physical examinations, and blood tests, is essential to identify symptoms, medical history, and cultural factors. Reversing medical causes can alleviate depression-like symptoms.

- Medication-Antidepressants modify brain chemistry, affecting depression treatment. They are not sedatives or habit-forming, and may improve within weeks. Psychiatrists recommend continued medication for six months or longer to reduce future episodes.
- Psychotherapy or "talk therapy"-is effective in treating mild to moderate depression. It can involve individuals, family, couples, or group therapy, and can take several weeks or longer.
- Electroconvulsive therapy "ECT"-this form of therapy is for major depressive disorder when other forms have been exhausted.

## Meet Our Counselors



*(Photos are a courtesy of UHD Counseling Department)*

### Our Contact

**Phone**

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