

# LEARN THE SIGNS

January 18, 2008

More than 40 percent of US students become so depressed during their four years in college that they have trouble functioning, while 15 percent suffer clinical depression, according to a 2004 survey of 47,202 students by the American College Health Association.



## The Student Health Center's Counseling Service Sponsor Task

A Counseling Services Task Force has been formed in support of Counseling Services to better meet the needs of our students. The Task Force is made up solely of volunteer staff and student members who have special interest, knowledge and skills that supplement and strengthens psychological services by making recommendations, providing consultation, and/or giving advice.

### Spotlight the Signs of Illness

Below is a list of some major symptoms of stress:

- anxiety
- loneliness
- depression
- intrusive thoughts
- difficulty concentrating
- relationship problems
- forgetfulness
- family problems
- agitation, hyper
- work problems
- feeling overwhelmed
- irritability
- irrational thoughts/fears

- excessive worry/obsessing
- compulsive behavior
- feelings of guilt
- confusion
- tearfulness
- feeling of unreality
- nightmares
- feeling of being detached from oneself
- social isolation/withdrawal
- restless/on edge
- apathy/indifference
- mood swings
- sexual dysfunction