

Awareness programme Depression in College Students 12th September, 2018

The Women Empowerment Cell organised an awareness programme on “Depression in college students” by the students of Dr. Pinnamaneni Siddhartha Institute of Medical Sciences and Research Foundation to all degree students on 12th September 2018.

In this guide, students can learn about common factors of depression in college and where to get help. colleges and universities can find tips for supporting the mental health of their students. They explained the Signs of Depression in College

Persistent feelings of sadness

It's normal to feel sad or low some of the time. But those experiencing depression feel sad for most of the day for days at a time.

Disconnected from feelings

“Students will know they are experiencing more serious depression when they are feeling a sense of hopelessness, despair, apathy, and most importantly, a disconnection from their feelings,” says Dr. Michael Alcee, a clinical psychologist with a decade of experience in college counseling.

Lack of interest in the world around you

“Depression is a pushing down of one's feelings,” notes Dr. Alcee. “Like a loss of appetite, more serious depression can be noticed when the color and interest in the world and its many wonders run dry.”

Guilt

Students experiencing depression are often aware how their behavior is being perceived by others but feel helpless to make any changes. Because of this, many feel overwhelming guilt about the supposed “burden” they're putting on friends, family, professors and peers.

Persistent body aches

An occasional head or body ache isn't unusual for students. But for many people experiencing depression, physical symptoms are frequent and don't respond to usual remedies, like taking over-the-counter pain medicine.

Not getting out of bed

A sign of chronic depression is the feeling that you can't get out of bed to face the world or fulfill your responsibilities for an extended period of time.

Insomnia

The persistent inability to go to sleep – or if you do get to sleep, to stay that way – can be a sign of depression, especially if it lasts for an extended period of time.

Feeling like the world would be better off without you

Feeling like you have nothing to offer or that you wouldn't be missed if you were no longer here is a sign of severe depression. Don't hesitate to tell a trusted adult or your healthcare provider if you're feeling this way.







