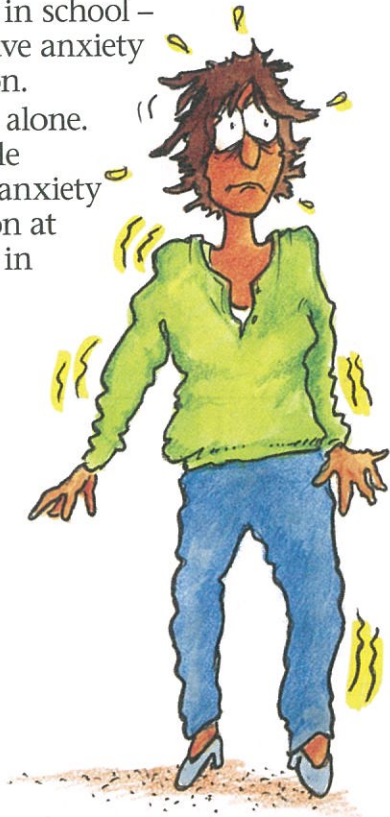


As a student, you have a lot going on in your life. Relationships, classes, family, money, the news – it seems like there’s always something to feel stressed about. What can you do when you or someone you know feels anxious or depressed? Here are some ideas that can help.

Feeling irritable or unhappy now and then is normal.

- ✓ We all feel nervous, sad, worried, or afraid some of the time – for a few hours, days or even a week or two.
- ✓ If you have these feelings for more than two weeks – and it is hard to be with people or function in school – you may have anxiety or depression.
- ✓ You are not alone. Many people experience anxiety or depression at some point in their lives.



Anxiety can be mild or severe.

- ✓ You may be able to control mild anxiety by exercising regularly, eating healthy foods, and avoiding alcohol.
- ✓ If you feel worried all the time, are extremely uncomfortable around people, or have sudden bursts of panic for no reason, you may have an anxiety disorder.

Symptoms of anxiety can include:

- feeling sweaty and shaky
- rapid heartbeats
- having a hard time relaxing
- difficulty concentrating
- trouble falling asleep or staying asleep
- unexplained headaches or body aches

Depression is more than feeling down.

- ✓ Depression can interfere with your ability to study, sleep, eat, and enjoy activities or people.
- ✓ Depression can happen to anyone – it is not a sign of weakness and cannot be “willed” away.
- ✓ Living away from family, struggling to balance school and work, or a traumatic event can all contribute to depression.

Symptoms of depression can include:

- sad or hopeless feelings
- being tired or having trouble concentrating
- poor appetite or overeating
- difficulty sleeping or sleeping too much
- low self-esteem
- irritability or crying a lot
- recurring headaches and body pain
- thoughts or attempts of suicide

If you have several of these symptoms most days – and they last for more than a few weeks – you may be suffering from depression.

Depression and anxiety can be treated – you can feel better.

- ✓ Talk to a family member, trusted friend, teacher or counselor.
- ✓ See a doctor or other health care provider. Find a treatment plan that’s right for you and stick with it.
- ✓ Treatment can include lifestyle changes, counseling and/or medication.
- ✓ The MOST important thing is to get help. With the right treatment, 80 percent of people who seek help get better.

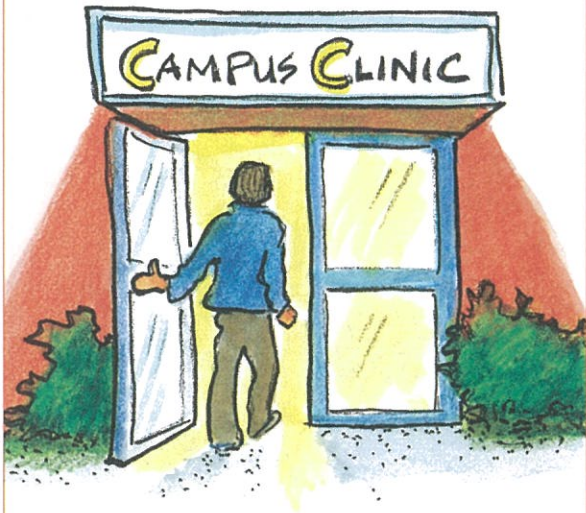


Are you or someone you know thinking about suicide?

- ✓ Always take thoughts of suicide seriously. For help:
 - Call the National Suicide Prevention Lifeline at 1-800-273-8255 (toll free).
 - Talk to a counselor or health care provider.
- ✓ If you or someone you know is in imminent danger, take emergency steps such as calling 911. Do not leave the person alone.

Where can you go for help?

- ✓ Campus health centers and community counseling centers offer low-cost or free treatment for students.
- ✓ Call your city or county health clinic to see if you qualify for services.
- ✓ You may be covered under your private health insurance. Check to see if it pays for private mental health services.



Taking care of yourself can have a big impact on how you feel.

- ✓ Take small steps. Feeling better takes time.
- ✓ Eat well, exercise and get plenty of rest.
- ✓ Avoid using alcohol or other drugs.
- ✓ Go to class and keep up with course work.
- ✓ Join a support group.
- ✓ Keep in touch with your family.
- ✓ Spend time with friends doing things you enjoy.

This pamphlet is not a substitute for professional medical care.
If you have questions or concerns, please talk with a
health care provider.

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Special thanks to all of our reviewers.

Information in this pamphlet is courtesy of the
National Institute of Mental Health.

2015 Reviewed for accuracy.

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Please do not duplicate. Printed on recycled paper.

Title #5416 (Rev. 8/15) ISBN 978-1-56885-416-8

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Student life can be full of exciting opportunities and decisions – and it can also feel overwhelming. If you feel unhappy, worried or fearful, you're not alone. Look inside to learn about coping with (and treating) feelings of anxiety or depression. For more information, visit www.nimh.nih.gov on the Internet, or talk with your health care provider.