

# SMU WellFacts

## Depression



Feeling Blue?

## What is Depression?

Depression is a serious mood disorder that affects many students. It occurs when symptoms last for over two weeks and interfere with normal, everyday functioning.

Depression affects 16 million people each year

40% of SMU students report feeling depressed

1 in 6 adults are considered depressed

## Symptoms of Depression

Feeling sad or anxious all the time

Thinking about suicide or hurting yourself

Not wanting to do activities that used to be fun

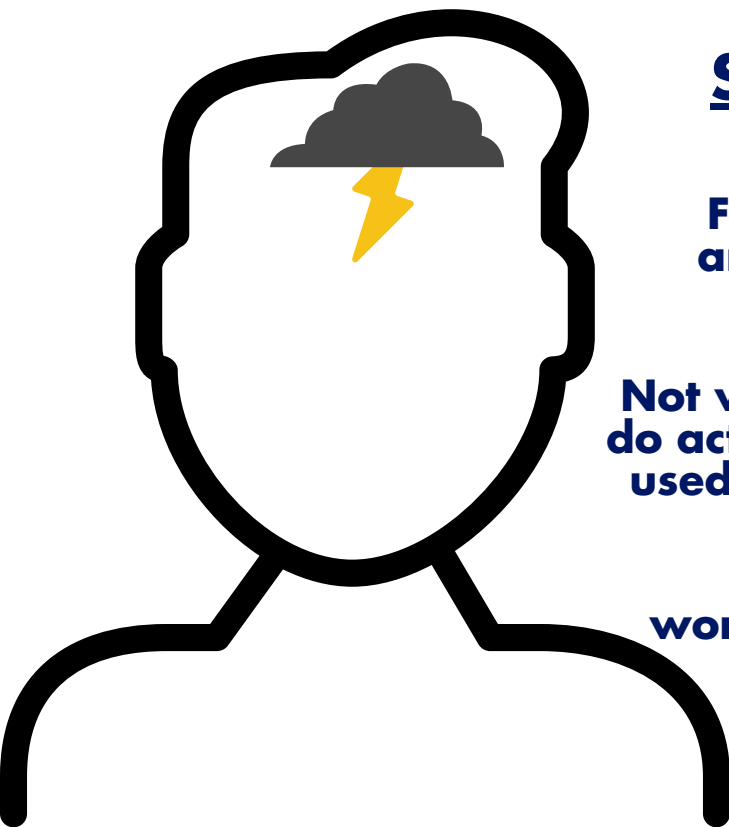
Always feeling tired

Difficulty concentrating or making decisions

Feeling guilty, worthless or helpless

Always feeling irritable or frustrated

Trouble with sleep



**Don't Wait! Get Help Today!**

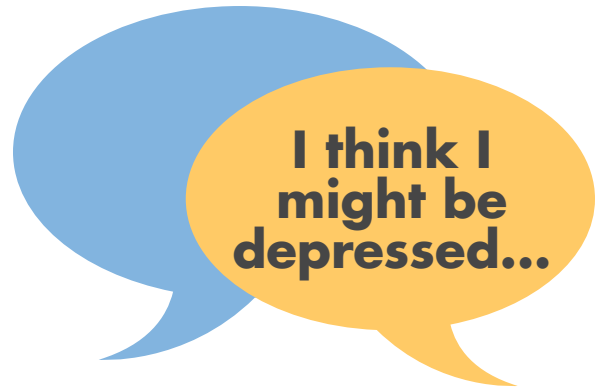
## **Suicide**

Depression is the leading risk factor for suicide

**9%**

**of SMU students have seriously considered suicide in the past year**

If you are in crisis and need help call the National Suicide Prevention Lifeline  
**1-800-273-8255**



**If you think you might be depressed schedule an appointment with SMU Counseling Services**

Call 214-768-2277

OR

Schedule an appointment online:  
<https://www.smu.edu/StudentAffairs/HealthCenter/Counseling/Appointments>

## **What Else Can I Do To Improve My Mental Health?**



- Exercise Daily
- Get enough sleep each night
- Avoid using drugs and alcohol
- Spend time with supporting family members or friends
- Utilize relaxation techniques
- Download SMU's Interactive Self-Help Therapy app

### SMU Resources

Office for Community Health Promotion  
[healthed@smu.edu](mailto:healthed@smu.edu)

SMU Counseling Services  
214-768-2277

Dr. Bob Smith Health Center  
6211 Bishop Boulevard  
Dallas, TX 75205  
214-768-2393 | [healthed@smu.edu](mailto:healthed@smu.edu)

*Presented by:*

**Office for Community Health Promotion**



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