Treatment Options

If you or someone that you know has depression you should seek out therapy because the sooner depression is addressed the quicker you can get treatment for it.

⇒ Contact the School Counseling Center to schedule an appointment.
⇒ The first visit is free.
⇒ If it is a crisis, walk-in appointments are available or contact ISU Public Safety at 237-5555 or call 911.
**What is Depression?**
Depression is an illness that affects the lives of many individuals throughout the world. It is not your typical sad feeling that everyone experiences but rather a feeling of pain that interferes with your daily routine.

**Types of Depression**
- **Major Depression:** effects a person's sleep, work, eating, and daily life activities. This form of depression can happen only once in a person's life but most of the time a person will experience several episodes.
- **Persistent Depressive Disorder:** has a time span of lasting 2 years, it will effect a person's work, eating, sleep, and daily activities.
- **Seasonal Affective Disorder:** usually makes people feel sad, hopeless, tense, or stressed during the winter. Once summer comes around the depression usually ends.

**What Causes Depression?**
Depression is a disorder of the brain and can sometimes be hereditary. When it is not hereditary it can be caused by trauma, loss of a family member, relationship issues, or stressful events going on in a person's life.

**Signs and Symptoms of Depression**
Here are some common signs and symptoms of what a depressed person might go through:
- Persistent sad, anxious, or empty feelings
- Feeling hopeless, guilty, worthless, or helpless
- Irritable and restlessness
- Decline in interest of activities that was once fun to the person
- Tired all the time and lack of motivation
- Loss of appetite or eating more
- Suicidal thoughts

**Warning Signs of Suicide Caused by Depression**
A person with depression could become overwhelmed and suicidal, here are some signs on what might happen when a person starts having suicidal thoughts:
- Sudden switch from being sad to happy
- Thoughts of dying and doing suicidal things like cutting or running stop lights
- Making comments like "it would be better if I was not here"
- Loss of interest in activities
- Talking about suicide

**What to do if you are suicidal or if you know someone who might be**
Being depressed may seem bad at the time but the feeling of depression will get better as time goes on. If a person is feeling suicidal then there are suicidal hotlines that are willing to talk to people who are having thoughts of committing suicide.

**Hotline:** 1-800-273-TALK

If you know a person who is having thought of suicide always tell an older authority, these may include:
- Parent
- Police Officer