



MANAGING DEPRESSION FOR COLLEGE STUDENTS



Seek help from a professional

Discussing your concerns with a doctor or mental health provider is the first step. This is especially important if you have been experiencing these feelings for two weeks or more (Northwest Missouri State University, n.d.).



Make tasks more manageable

If you are feeling overwhelmed by your feelings and how many things you have to do, break large tasks into smaller more manageable ones (National Institute of Mental Health, n.d.).



Spend time with friends and family

It is often easy to want to isolate yourself when you are feeling down. Spend time with a friend or call a family member back home. Try talking about your feelings to someone you trust (National Institute of Mental Health, n.d.; Northwest Missouri State University, n.d.).



Stay engaged in activities

Continue doing the activities you have to do each day even if you do not feel like it (Northwest Missouri State University, n.d.). Do not skip class, meals, or other responsibilities. Try to purposely do something you enjoy that makes you feel better.

Resources

National Institute of Mental Health. (n.d.). Depression and college students: Answers to college students' frequently asked questions about depression. Counseling and Student Affairs: University of Miami. https://counseling.studentaffairs.miami.edu/_assets/pdf/nimh-depression-and-college-students.pdf

Northwest Missouri State University. (n.d.). Dealing with depression. <https://www.nwmissouri.edu/wellness/PDF/counseling/dwd.pdf>

