

DEPRESSION

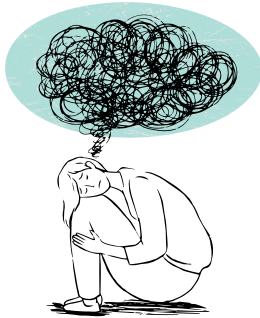
01.

What is Depression?

Depression is a mental health disorder that can have impacts on things like how you feel, think, and behave. While many people feel sad, depression is more than just sadness and can have a big impact on a person's day-to-day life. People who have depression may attend therapy, take medication, or both (1).



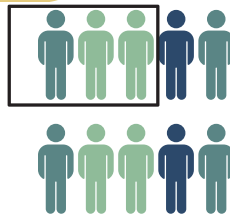
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Possible Symptoms (1,2)

- feeling sad, irritable, hopeless
- losing interest/pleasure in things
- fatigue
- feeling worthless
- difficulty concentrating
- thoughts of death / suicidal ideation

03.



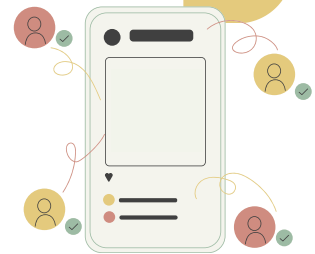
How common is it?

About 29% of adults have experienced depression once in their life. About 18% are currently experiencing depression (2).

Resources

- Counseling Center
 - 570-662-4436
 - 144 South Hall
- 988 suicide & crisis lifeline
 - call or text or chat at 988lifeline.org

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References

1) Mayo Clinic Staff. (2022, October 14). *Depression (Major Depressive Disorder)*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>

2) Onyemaechi, C. (2024, April). *What Is Depression?* American Psychiatric Association. <https://www.psychiatry.org/patients-families/depression/what-is-depression>