



There's always hope for someone struggling with depression.

**CALL 24-HOURS A DAY:**  
951-UCR-TALK (827-8255)

**COUNSELING.UCR.EDU**

**NATIONAL SUICIDE HOTLINE:**  
800-SUICIDE (784-2433)

**CRISIS TEXT LINE:**  
**crisistextline.org**  
*How It Works:* Text "Home" to 741-741 at any time and from anywhere in the US to chat with a trained crisis counselor.

## DEPRESSION

### DEFINING DEPRESSION

Depression is intensified and prolonged feelings of sadness, grumpiness or irritability that hinder daily life. Episodes can be singular or repeated, and they can be mild, moderate, or severe. In some cases, depression can be chronic.

### WHO IT AFFECTS

Depression affects over 300 million people worldwide — regardless of age, gender, culture, religion, race or economic status — and is the leading cause of disability in the U.S. among people ages 15-44. Over 10% of college students have been diagnosed or treated for depression.

### CAUSES + CONNECTIONS

While the exact causes are unknown, a number of factors are often connected to its development.

- **Abuse:** Past physical, sexual, or emotional abuse can increase the vulnerability to clinical depression later in life.
- **Death or Loss:** Sadness or grief from the death/loss of a loved one — though natural — may increase the risk of depression.
- **Unfortunate Life Events:** Unemployment, prolonged work stress, long-term isolation, moving away from home, homelessness, etc.
- **Substance Abuse:** Nearly 30% of people with substance abuse problems also have some form of depression.
- **Family History/Genetics:** A family history of depression may increase a person's risk of developing it themselves.
- **Serious Illnesses:** Sometimes depression co-exists with a major illness or may be triggered by another medical condition.

**UCR** | Counseling and Psychological Services

### CONTACT US

#### LOCATION

UCR Counseling and Psychological Services  
Health Service Building, North Wing  
Riverside, CA 92521

#### OFFICE HOURS *(closed daily, 12–1 p.m.)*

**M, T, W & F:** 8 a.m. – 5 p.m.

**TH:** 9 a.m. – 5 p.m.

#### WALK-IN CONSULTATIONS *(closed daily, 12–1 p.m.)*

**M, T, W & F:** 8:30 a.m. – 4:30 p.m.

**TH:** 9 a.m. – 4:30 p.m.

#### SPEAK TO A COUNSELOR 24/7

951-UCR-TALK (827-8255)

#### MAKE AN APPOINTMENT

*(Appointment line is only active during office hours.)*

951-827-5531

**COUNSELING.UCR.EDU**

### 24/7 CRITICAL RESOURCES

**RIVERSIDE HELPLINE | 800-686-HELP (686-4357)**

**NATIONAL SUICIDE HOTLINE | 800-SUICIDE (784-2433)**

**THE TREVOR PROJECT | 866-488-7386**

**TRANS LIFELINE | 877-565-8860**

(7-1 a.m. PST) • [translifeline.org](https://translifeline.org)

### CRISIS TEXT LINE

[crisistextline.org](https://crisistextline.org)

**How It Works:** Text "Home" to 741-741 at any time, and from anywhere in the US, to chat with a trained crisis counselor.

This information is accurate and reliable at the time of publication but may change without notice. Please contact Counseling and Psychological Services for the most up-to-date information. (02/20)

# Coping with Depression: Find Hope and Feel Better

**With effective treatment, varied coping strategies, and support, a person can make moves toward feeling better.**

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*Accredited by*  
**International Accreditation of Counseling Services (IACS)**





### SIGNS + SYMPTOMS

Clinical depression is one of the most common mental health issues seen on college/university campuses. While almost everyone has periods in their lives when they have felt sad or down, these feelings tend to become less intense over time. However, clinical depression occurs when feelings are extreme and last for at least two weeks or more and impact the ability to function in different areas like school, work, or relationships. Common symptoms of depression include:

#### THOUGHTS

- Self-criticism of being worthless or unlovable
- Ruminating on negative thoughts
- Thinking others can't or won't understand what you're going through
- Delayed thinking, indecisiveness or memory-loss

#### FEELINGS

- Sadness, worthlessness, hopelessness, guilt, or despair
- Irritability, anger, short-tempered, or hostility
- Tiredness, fatigue, sluggishness, apathy, unmotivated, or boredom
- Difficulty concentrating, disinterest in past interests

#### BEHAVIOR

- Sleeplessness or oversleeping
- Avoiding friends, antisocial, withdrawal, isolating, non-communicative
- Crying about minor things or excessive crying
- Physical inactivity
- Excessive absences from work/school or low performance
- Alcohol or substance abuse
- Self-harm or attempting suicide

#### PHYSICAL

- Aches and pains (headaches or stomach aches)



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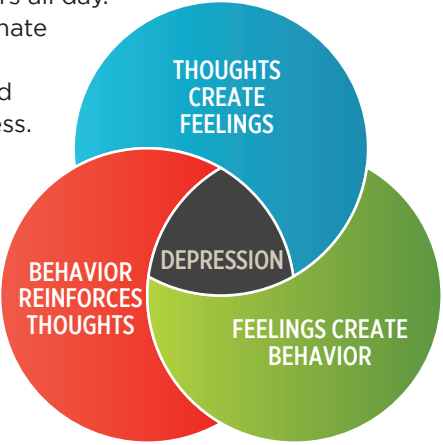
### HOW DOES DEPRESSION MAINTAIN ITSELF?

Thoughts, feelings, and behaviors are all connected and influence one another. For example, someone who is suffering from depression may think to themselves, "I am worthless." That negative thought develops into a feeling of worthlessness, so the person decides to stay in bed or indoors all day. This isolating and stagnate behavior then further reinforces thoughts and feelings of worthlessness.

### COPING STRATEGIES

In order to combat the negative thoughts that lead to a downward spiral of depression, researchers have found a variety of methods that can interrupt this feedback loop and help you begin the upward spiral to a better mood. Consider the following coping strategies to combat your depression:

**Behavioral Activation:** "Acting your way into right thinking." Rather than waiting for a behavior (exercise, homework, socializing, etc.) to "feel right" or expecting yourself to "think right" about it, just DO the behavior and allow the thoughts and feelings to follow. Behavioral activation includes scheduling activities throughout the day that are pleasurable and goal-oriented.



**Get Sleep:** Approx. 8 hours a day of restful sleep is crucial to supporting a healthy mood.

**Nutrition + Exercise:** Eating healthy food and getting routine exercise are crucial to supporting a positive mood.

**Checking, Challenging, + Changing Thoughts:** What often drives feelings of depression are distorted patterns of thinking, such as "black/white thinking," "minimizing the positive," and double standard." A useful skill in combatting depression is first, checking whether a negative thinking pattern is affecting your mood, then challenging the veracity of this thought with all available evidence, and finally changing the thought into a form that is more rational and realistic.

**Build a Support Network:** Depression feeds on isolation. It is important that you build a support network of family, friends, classmates or co-workers who you can depend on.

**Counseling:** Cognitive Behavioral Therapy (CBT), Interpersonal Therapy (IPT), and other therapeutic approaches have been found to reduce depressive symptoms.

**Antidepressant Medications:** These medications work "from the bottom up" (increase certain neurotransmitters) to improve your mood and overall functioning. If you are interested in getting a medication consultation for the treatment of depression, please schedule an appointment with one of our psychiatric providers.

As part of our commitment to the campus community, UCR's **Counseling and Psychological Services (CAPS)** offers information about depression and connections to resources that can help someone to better cope. CAPS would like to extend our support and encourage the campus community to make use of our services.