





Who are we?

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Road Map

- What is depression?
- How can faculty help?
- Role play

What Is Depression?

- Three groups of symptoms...



Physical



- Changes in sleeping (more or less than usual)
- Changes in appetite (eating much more or much less than usual)
- Feeling fatigued and/or lacking energy
- Physical symptoms (headaches, stomach aches, etc.)

Cognitive/Behavioral

- Diminished interest in and enjoyment of previously pleasurable activities
- Difficulty concentrating
- Difficulty making decisions
- Neglecting responsibilities
- Poor hygiene



Emotional

- Feeling down, irritable, pessimistic, guilty, anxious, empty, numb, etc.
- Feeling hopeless and/or helpless
- Feelings of worthlessness
- Experiencing suicidal thoughts



Is it depression, or is it sadness?

Three variables to consider...

- Frequency of symptoms
- Severity
- Duration



Prevalence



- 6.7% of adults in the US
 - 8.5% of women
 - 4.7% of men
- 10.3% of adults ages 18-25

National Institute of Mental Health, 2015

When is it a crisis?

- Talking about wanting to die, feeling hopeless, or having no reason to live.
- Talking about feeling trapped in unbearable pain or being a burden to others.
- Increased use of alcohol or drugs.
- Reckless behavior.
- Giving away prized possessions.
- Withdrawing or isolating.
- Displaying extreme mood swings or demonstrating feelings of rage.

Services We Offer

- Consultation to students, parents, faculty, and staff who are concerned about an ASU student
- Individual and group counseling
- Referral to additional services (e.g. medical/psychiatric provider, substance abuse treatment)
- Outreach
- Self-help



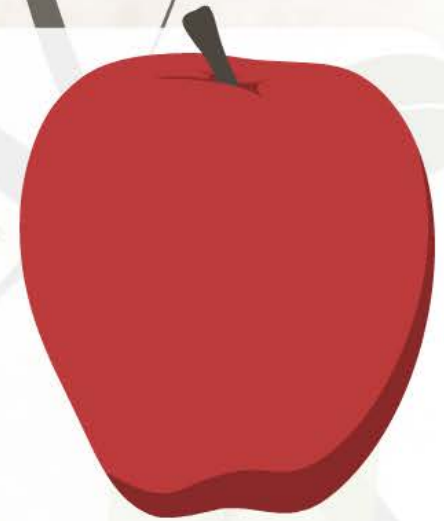
Services We Offer

- Walk-in hours:
 - Monday-Friday, 8:30-11:00 AM, 1:00-4:00 PM
- Call for information: 828-262-3180.
 - If calling for after-hours crisis intervention, follow the instructions on the answering machine to connect with the on-call counselor
- Website: www.counseling.appstate.edu
 - How To Help section



Additional Resources

- Kognito
- Wellness and Prevention Center (substance use, nutrition, sexual health, mindfulness)
- Student Health Services
- Office of the Dean of Students
- Learning Assistance Program
- Office of Disability Services
- Career Exploration Center
- Career Development Center





How to Help a Student in Distress



- Trust your instincts.
- Pick time and place conducive to protecting privacy and having enough time to talk.
- Share that you are concerned and want to help.
- Say directly what you observe that makes you concerned.
- Take time to listen.
- Ask open-ended questions.
- Respond respectfully and non-judgmentally.
- Help the student consider how they may have effectively coped in the past.

How to Help a Student In Distress



- Avoid easy answers.
- Focus on portions of the student's problems that are solvable.
- Refer to resources.
- Consult.
- Briefly document interactions.
- Do not promise secrecy/confidentiality.
- Be willing to ask directly about suicide.
- Follow up if needed.

Risk of Harm to Self or Others



- Plans
- Access to means
- Feels unsure about ability to be safe
- Call Counseling Center, Office of the Dean of Students, and/or ASU police



Role Play

Questions or comments?

