

**If you are interested in joining Active Minds, a new organization devoted to raising mental health awareness on campus, please contact info@activemindsoncampus.org

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Did You Know?: Clinical Depression

- Depression is diagnosed if a person experiences 1) persistent feelings of sadness or anxiety or 2) loss of interest or pleasure in usual activities in addition to five or more of the following symptoms for at least 2 consecutive weeks:
 - * Changes in appetite that result in weight losses or gains not related to dieting
 - * Insomnia or oversleeping
 - * Loss of energy or increased fatigue
 - * Restlessness or irritability
 - * Feelings of worthlessness or inappropriate guilt
 - * Difficulty thinking, concentrating, or making decisions
- **Sadness and depression are not the same.** While feelings of sadness will lessen with time, the disorder of depression can continue for months, even years
- Clinical depression affects twice as many women as men
- Half of all adults with depression report onset before age 20.
- It is estimated that 1 out of 4 women and 1 out of 10 men will suffer from depression in their lifetime, and each year it affects nearly 1 in 10 (17 million) Americans
- Depression is among the most treatable of mental disorders. The majority (80%-90%) of people who receive treatment experience significant improvement, and almost all individuals gain some relief from their symptoms

ACTIVE MINDS ON CAMPUS WEBSITE:
www.activemindsoncampus.org

*Facts obtained from Friends Hospital, the National Institute of Mental Health and the American Psychiatric Association