

# Depression

"What is stress anyway? I used to think, it is feeling like you are going to explode from all the pressure and trying to take things one at a time and trying to remember to talk to others."

— **ALEXANDER**, STONY BROOK SOPHOMORE

Stress and depression are common to the college experience. Long term stresses can contribute to depression. Some of the situations or feelings that might cause depressive symptoms can include:

- A relationship ending
- Death of a loved one
- Divorce or separation
- Academic difficulty

While it is difficult to determine a single cause for depression, it is often better to be aware of the signs, some of them may include:

- Persistent sad, anxious, or "empty" mood (try one of our online apps)
- Feelings of hopelessness, pessimism, guilt, worthlessness, and helplessness
- Loss of interest or pleasure in ordinary activity, ranging from schoolwork to sex
- Sleep and eating disturbances
- Decreased energy, difficulty concentrating, remembering, and making decisions

Depression is not a character flaw or weakness; it is a medical condition that can affect your mood, body, and thoughts. It is important to know it is okay to seek help. Everyone is different and can experience many levels of feeling sad to depressed. When you are unsure whether you or someone else needs help for depression, act on the side of caution, and reach out for help.



## How Do You Know if a Friend Is At Risk for Suicide?

There is no foolproof checklist for identifying a suicidal person. Suicide, like many other human behaviors is difficult to predict. Take any talk of suicide or attempt seriously. Professional help is needed, even if you are unsure about your friend's intentions. All suicidal behavior should be considered serious and dangerous, as it may result in permanent injury or death.

## How Do You Reach Out to Someone Who May Be Suicidal?

Remember that you are not responsible for your friend's depression. Reach out to them, suggest help, be supportive, and be honest. Trying to help someone who is suicidal can be scary and make sure you get support for yourself as well. Your friend may be initially angry with you, but your actions could save a life.

## QPR (Question, Persuade and Refer) Gatekeeper Training


This program shows members of the community likely to come in contact with those at risk of suicide how to recognize such people and refer them to the appropriate resources (for more information, [click here](#) ).

## Resources

If you feel overwhelmed and don't want to live anymore, help is available. Suicidal feelings are intense, but the impulse will pass, especially if you talk to a close friend, a relative, or a counselor to get relief from the pain. A person who considers suicide wants the pain to end.

If you think you, or someone you know, may be depressed or suicidal contact the Counseling and Psychological Services (631) 632-6720.

In an emergency contact University Police at (631) 632-3333 from a cell phone or 911 from any on-campus phone.

[RESPONSE](#)  also has a 24-hour hotline—(631) 751-7500.

You can also call the [National Suicide Prevention Lifeline](#)  at 1-800-273-TALK (8255)