Resources for Depression

Symptoms of Depression

Depression is one of the hardest mental states to go through. It makes waking up in the morning ten times harder. You are not alone though in this feeling. Here are some common symptoms of depression:

A severe lack of energy even after good sleep

Feeling insignificant

Struggling to focus on tasks at hand

Thoughts of suicide or death

How to Deal with Depression

Self Care: exercise, eat right, do something you enjoy, try new activities

Let Someone in: talk to friends, family,

Talk to a pro:

Resources for Depression

List of healthcare professionals

SAMHSA’s

Talk Space

Resources for COVID-19

COVID-19 caused life as we know it to come to a complete and sudden stop. Since then, life hasn’t been the same for anyone. From having to remember to carry a mask with you everywhere you go, to having to get another vaccine, the world has completely changed. Mental illnesses spiked 30% due to the stress and isolation associated with the COVID-19 pandemic.

Ways to Maintain Your Mental Health During the Pandemic:

Walk outside: socially distanced. Change scenery

Try New Hobbies: what better time to pursue a passion than when you’re stuck indoors.

Find a good tv show or book:

Start a business

Resources for Mental Health COVID:

<https://mhanational.org/covid19/wellness-coping-skills>

<https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide>

Suicide

You matter. You are loved. Suicide is one of the leading causes of death in the United States. It takes a lot of courage to reach out and talk about these kinds of emotions.

Signs that someone may be thinking about suicide:

They talk more about: death, being a burden, feeling trapped, ways of dying, not seeing a reason to live

They give up on things they normally enjoy

Sleeping too much or too little

Isolate themselves

If you or someone you know is showing these symptoms, reach out to these resources

Resources If You Are Thinking about Suicide

National Suicide Prevention Lifeline

The Crisis Text Line (homepage)