



STRESSED OUT AND SAD? OR ANXIOUS AND DEPRESSED?

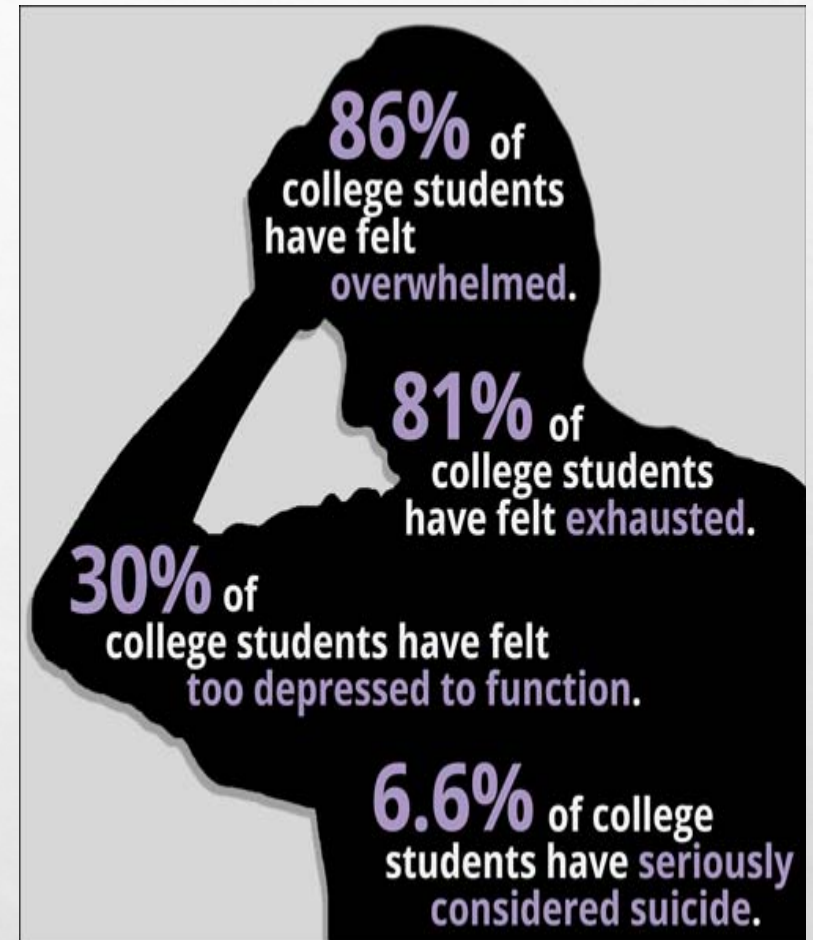
The ups and downs of the semester often affect students in new ways. For many students, this is the first time that they experience significant stress or feelings of sadness that they cannot shake off. It's important to know some of the "red flags" that might accompany periods of anxiety or depression, like:

- Major changes in eating or sleeping habits
- Significant weight loss/gain
- Problems concentrating/focusing on simple tasks
- Extreme irritability or mood swings
- Loss of interest in hobbies and favorite activities
- Withdrawal from socializing or isolation
- Uncontrollable fear or worry that doesn't let up
- Irrational thoughts that aren't based on reality
- Difficulty maintaining friendships or relationships
- Concerns from others in your life about your wellbeing



HOW TO GET HELP

- Services on campus are available for students to talk to someone and find new ways to treat anxiety or depression
- The center for counseling and student development is free and confidential, offering therapy services, medication management, groups and workshops
- Student health services also has a psychiatrist on staff to assist with medication options
- If someone has thoughts of suicide or is using drugs/alcohol as a way to cope, please contact the counseling center or ECU police
- Many students find that after receiving treatment, they are able to cope with these challenges more effectively and don't need to continue therapy or medication services long-term



STATISTICS FROM THE AMERICAN COLLEGE HEALTH ASSOCIATION NATIONAL COLLEGE HEALTH ASSESSMENT, FALL 2011

Center for Counseling & Student Development:
252-328-6661

Student Health Services: 252-328-6841

ECU Police: 252-328-6787