

Stone Center Counseling Service



Are These Just the Blues? Typical signs and symptoms of Depression

- Persistent sad, irritable, anxious or empty mood
- Feeling of hopelessness, pessimism, guilt or worthlessness
- Loss of interest or pleasure in ordinary activities
- Sleep disturbances (insomnia or oversleeping)
- Eating disturbances (increased or decreased appetite/weight)
- Decreased energy or feeling slowed down and fatigued
- Thoughts of death or suicide; suicide attempts
- Increased restlessness or irritability, difficulty with concentration, remembering and making decisions
- Physical symptoms (headaches, digestive problems or chronic pain) that does not respond to medical treatment
- Feeling alone or isolating yourself from others

Visit www.wellesley.edu/counseling
to find out how to take an online
screening for depression

NIMH Depression and College Students:

<https://www.nimh.nih.gov/health/publications/depression-and-college-students-new/index.shtml>

(M-F 8:30-4:30)

www.wellesley.edu/counseling

Emergencies: 781-283-2839 Evenings or Weekends
or Campus Police 781-283-5555 (24 hrs)



Accessibility and Disability Resources
accessibility@wellesley.edu

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