



Psychological Counseling Center

**If you are experiencing suicidal thoughts or feelings,
please contact the Psychological Counseling Center (PCC) 845-257-2920,
your Resident Hall Staff (RD/RA), or Campus Police (UPD) 845-257-2222 for immediate assistance.**

College Students and Depression

A 2012 American College Health Association nationwide study found:

- About 30% of college students reported they feel symptoms of depression that make it difficult to function
- About 7% of college students “seriously considered suicide” at some time in a 12-month period
- About 1% attempted suicide in a 12-month period

Many people feel sad at times, and for most, the feeling usually goes away after a few days. When sad feelings persist, interfere with daily activities, and leave a person feeling more overwhelmed than just being “a little blue,” then it may be time to get some help. Many people find it beneficial to talk with a professional.

Some Triggers for Depression in College Students:

- Leaving home for college
- Family conflict; concern about a family member; loss of a loved one
- Worry about finances or finding a job
- Academic struggles; fear of failure
- Relationship conflict/break up
- Sexual identity concerns
- Feeling alone or isolated
- Feeling worthless or burdensome

Some Symptoms of Depression in College Students:

- Sad, anxious, or angry feelings
- Irritability and/or restless behavior
- Feeling guilty, hopeless, worthless, or like a burden to others
- Lack of interest in activities that are usually enjoyed
- Suicidal thoughts, feelings or behaviors
- Change in sleep habits
- Struggling to focus; inability to concentrate on studies
- Indecision
- Change in appetite
- Lack of interest in appearance or personal hygiene
- Physical aches, pains or digestive problems
- Chronic fatigue; lack of energy
- Social isolation; avoiding friends and family

Helpful Ways to Cope with Depression

- Talk with someone – a friend or a professional
- Attend a campus event
- Participate in a campus club or organization
- Volunteer to help a person, animal, or cause
- Express your feelings artistically, such as writing, composing, painting, sculpting or drawing
- Exercise
- Practice identifying one positive personal trait per day

SUNY New Paltz Sources of Support for Students who Feel Depressed

- Psychological Counseling Center (PCC) 845-257-2920
- Residence Life staff in your residence hall (RA and RD)
- OASIS Peer Support Hotline 845-257-4945
- Family, friend, or faculty

If you have a Friend/Acquaintance who Appears Depressed

- Offer support and encouragement
- Be a good listener; you do not have to have an answer
- Be patient
- Invite your friend to join you and others at campus events or activities
- Encourage your friend to speak to a professional at the Psychological Counseling Center (PCC)
- Offer to walk with your friend to the PCC
- Do not ignore comments about suicide. Contact the PCC staff (845-257-2920), University Police (845-257-2222), or Residence Life staff in your residence hall immediately

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A Division of Student Affairs