

# Depression

Depression is common among people of all ages and all racial, ethnic and socioeconomic backgrounds. Depression is a treatable mental health condition, and early detection and treatment leads to better outcomes.



## Signs and symptoms:

- Persistent sadness or empty mood.
- Dramatic changes in sleep, appetite, concentration and energy.
- Lack of interest in activities.
- Hopelessness or guilty thoughts.
- Physical aches and pains.
- Suicidal thoughts.



## What student-athletes can do:

- Recognize depression symptoms and seek help from a licensed mental health provider.
- Develop trust and communicate openly with your health care providers.
- Reach out to a trusted friend, coach or athletics administrator or contact The National Suicide Prevention Lifeline at 800-273-8255.
- Practice daily self-care; this includes getting restful sleep, effectively managing stressful situations and addressing symptoms of depression.



## What athletics department staff can do:

- Recognize signs and symptoms of depression.
- Know your athletics department's written mental health referral protocols.
- Work with campus partners to provide access to licensed mental health providers.

*Content courtesy of NAMI.*

