Everyone experiences low points, but if depression lasts more than two weeks and impacts daily life, it’s time to seek help.

Loss of interest in normal activities
Tiredness; tasks take extra effort
Feelings of sadness, emptiness or hopelessness
Angry outbursts, irritability or frustration, even over small stuff
Notable changes in appetite
Anxiety, agitation or restlessness
Trouble concentrating, making decisions & remembering things
Unexplained physical pain
Feelings of worthlessness or guilt
Fixating on past failures, or blaming oneself for things that aren’t the person’s responsibility
Frequent or recurrent thoughts of death or suicide

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Find help for yourself: chapman.edu/spcs
Get help for a friend: chapman.edu/scit

Brought to you by the Dean of Students Office