DEPRESSION

LOOK FOR THE SIGNS

Increased anxiety or irritability
Fatigue or lack of energy
Increased anxiety or irritability
Feeling worthless or hopeless
Changes in weight and eating patterns
Changes in sleeping patterns

- Talk to the person.
- Listen, care, take it seriously.
- Ask if they ever think about suicide.
  (Asking will not make someone “more suicidal”).
- Don’t be sworn to secrecy.
- Consult, consult, consult.
- Suggest counseling.
- Offer to walk the person to CPS.
- Stay in contact with the person. Follow up.

REACH OUT

CONSULT AND GET HELP

FOR COUNSELING SERVICES
- Call (510) 642-9494 to set up an appointment
- Drop-in counseling (weekdays) for urgent concerns
Counseling + Psychological Services
2222 Bancroft Way,
University Health Center

FOR EMERGENCY SUPPORT
Call UCPD: 911 or (510) 642-3333

FOR AFTER HOUR SUPPORT
Call: (855) 817-5667
National Crisis Help line: (800) 273-TALK

FOR CONSULTATION
If you are uncertain how to respond, counselors are available
Daytime: (510) 642-9494
After hours: (855) 817-5667

FOR CONCERNS ABOUT FACULTY OR STAFF
Contact CARE Services:
(510) 643-7754.

MORE INFO

http://uhs.berkeley.edu/lookforthesigns

Screenings for depression:
http://uhs.berkeley.edu/onlinescreenings/

Training on how to identify and help students in distress:
http://uhs.berkeley.edu/facstaff/CPStraining/index.htm

People of all ages, genders, and ethnicities suffer from depression
75%-90% of those who die by suicide are clinically depressed

Your contact is: