Response

Depression is a treatable illness that involves both mind and body. Seek help from Student Affairs, an RLC, Student Health and Counseling Center (SHACS), Poweshiek County Mental Health Services or from a doctor if you or someone you know is experiencing one or more of these symptoms.

Signs of Depression

- Withdrawal from usual activities and social environment.
- Loss of pleasure from previously satisfying activities.
- Difficulty with sleep-too much, too little repeated wakening.
- Difficulty concentrating, making decisions, changes in academic or career performance.
- Feelings of guilt.
- Feelings of worthlessness, low self-esteem.
- Rejection sensitivity.
- Irritability, poor tolerance for minor difficulties.
- Low mood, crying.
- Persistent body aches, a leaden feeling.
- Themes of death in creative pursuits, thoughts and/or internet materials.
- Substance abuse.

Take Very Seriously any of The Following

- A stated plan for suicide.
- Suicidal thoughts or wishing for accidental death.
- Feeling of wanting to harm oneself.
- History of suicidal attempts or gestures.
- Giving away prized possessions.
- Verbal threats: “If you ever see me wearing dead grandmother’s ring, you’ll know I’ve decided to join her,” or “You’d be better off if I were dead.”
- Unusual purchases of suicidal tools, weapons, rope, and/or medication.
- Preoccupation with themes of death or suicide on the internet or creative pursuits.
- Bizarre and disorganized thinking, speaking, or behavior.
- Unexpected happiness following depression that may signal a decision to commit suicide.
- Agitation.

All of these merit further investigation. Asking a person about them will not activate them to commit suicide. Get more information and then get help. If a person has a plan to hurt
him or herself, stay with the person while seeking help.

### Seek Help

- On campus counseling services for students is available Monday-Friday at the Student Health and Counseling Center (SHACS) 269-3230
- Counseling services for faculty/staff is available from the Poweshiek County Mental Health Center, 236-6137, 8:00 am-5:00 p, Monday-Friday

You may call the Poweshiek County Mental Health On-Call therapist, outside of the business hours, 236-6137. When calling, follow the emergency prompts. Leave a phone number and name to be called back.

### Contact

- Campus Safety & Security 269-4600
- Human Resource Office 269-4818
- Student Health and Counseling Center (SHACS) 269-3230
- Student Affairs Division 269-4600
- Poweshiek County Mental Health Center 236-6137