Depression

Depression is common across all ages, races, ethnicities and socioeconomic groups. This mental health condition is treatable; early detection and care improve outcomes.



Signs to recognize:

- Lasting sadness or emptiness.
- Major changes in sleep, appetite, focus and energy.
- Loss of interest in activities.
- Hopeless or guilty thoughts.
- Bodily aches and pains.
- Suicidal thinking.

Student-athletes: Steps to take:

- Spot depression symptoms and get help from a licensed mental health provider.
- Build trust with your health care providers and speak openly.
- Talk with a trusted friend, coach or athletics administrator, or call the National Suicide Prevention Lifeline at 800-273-8255.
- Make self-care a daily habit: get restful sleep, manage stressful situations well and take steps to address symptoms of depression.

How athletics staff can help:

- Know depression's signs and symptoms.
- Learn your athletics department's written mental health referral procedures.
- Work with campus partners to offer access to licensed mental health providers.

Content from NAMI.

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