



**For Help, Call Today**

## The Campus Assistance Program

The Campus Assistance Program can help. A counselor will be available to assist you in finding the answers and resources that can help. CAP is a free service provided to you by the university. The CAP counseling services are short term. However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **Confidential**.

### How Do I Contact the CAP?

For more information or for an appointment with a counselor, please call: **(504) 568-8888**.

A counselor is on call and available to you 24 hours a day, seven days a week.

The CAP is located in the Human Development Center at 411 S. Prieur St. New Orleans, LA 70112.

## LSUHSC Campus Assistance Program

### About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

### Contact Us

Phone: (504) 568-8888

Email: [cap@lsuhsc.edu](mailto:cap@lsuhsc.edu)

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>



Campus Assistance Program

Human Development Center

411 S. Prieur St.

2nd Floor Office 233

New Orleans, LA 70112

Phone: (504) 568-8888



Campus Assistance Program



## Facts About Depression

*Prepared by the LSUHSC Campus Assistance Program.  
(504) 568-8888*



## Understanding Depression

In 2021, an estimated 8.3% of all US adults (21 million people) had at least one major depressive episode. The cost to an employer for this disorder is high, but the cost in human suffering cannot be estimated. Depressive illnesses often interfere with normal functioning and cause pain and suffering not only to those who have a disorder, but also to those who care about them. Serious depression can affect every aspect of one's life. But much of this suffering is unnecessary. Most people do not seek treatment, although most can be helped. Thanks to years of research, there are now medications and psychosocial therapies such as cognitive/behavioral "talk", or interpersonal that ease the pain of depression. Unfortunately, many people do not recognize that depression is a treatable illness. If you feel that you or someone you care about is one of the many undiagnosed depressed people in this country, then contact **LSUHSC Campus Assistance Program** at (504) 568-8888 and get a free and **confidential** evaluation.

## Symptoms and Causes of Depression

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, and/or making decisions
- Insomnia, early-morning awakening, or over-sleeping
- Drastic weight changes or appetite
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

Some types of depression run in families, suggesting that a vulnerability can be inherited. This seems to be the case with bipolar disorder. In some families, major depression also seems to occur generation after generation. However, it can also occur in people who have no family history of depression. Whether inherited or not, major depressive disorder is often associated with changes in brain structures or brain function. People who have low self-esteem are prone to depression.

In recent years, researchers have shown that physical changes in the body can be accompanied by mental changes as well. Also, a serious loss, difficult relationship, financial problem, or any stressful (unwelcomed or even desired) change in life patterns can trigger a depressive episode. Very often, a combination of genetic, psychological, and environmental factors is involved in the onset of a depressive disorder.

## Getting Help

### Helping Yourself

- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Avoid isolation.
- Participate in activities that have brought you joy in the past (even if it is hard now).
- Exercising, getting into nature, listening to music, or participating in social activities may help.
- Remember- Feeling better takes time. Expect your mood to improve gradually, not immediately. Be patient with yourself.
- It is rare for people to just "snap out of" a depression. But they can feel a little better each day.
- Remember, positive thinking will replace the negative thinking that is part of depression and will disappear as your depression responds to treatment.
- Let your friends and family help you.

If you are having thoughts of suicide and need immediate help, call the National Suicide Hotline at 988 to speak with a trained individual or go to your nearest ER.



**24/7 CALL, TEXT, CHAT**