

7. YOU CAN GET HELP ON CAMPUS

You can book and appointment at the
Student Counselling Centre
Lower Library Complex
Steve Biko campus
Tel: 031-3732266

8. IMPORTANT CONTACT NUMBERS

Organisation Number
South African Depression and Anxiety 24hour
Suicide Helpline:

0800 567 567

0800 121 314

(033) 394 4444

086 1322 322

Suicide Crisis Line: 0800 567 567

The Open Door Crisis Line: (031) 709 2679

084 409 2679

Durban and Coastal
Mental Health: (031) 207 2717

Rehabilitation Centre of
Alcohol and Drug Abuse: 031 578 3992

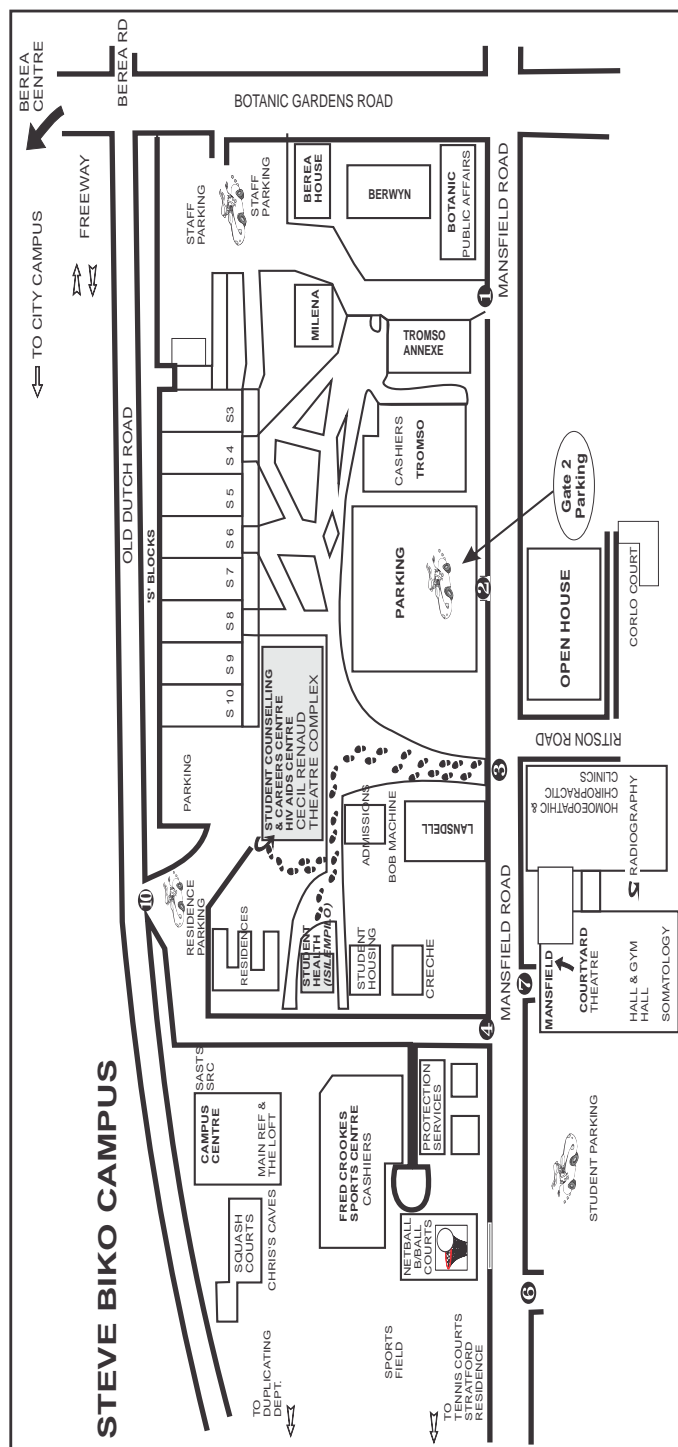
Stop Woman Abuse: 0800 150 150

Addington Hospital: 031 327 2000

McCords Hospital: 031 268 5718

This is an initiative of the
Student Counselling and Health Centre
Durban Institute of Technology
Lower Library Complex
Steve Biko Campus
Tel: 031 204 2266

Developed by
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Chief Professional Nurse



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DURBAN
UNIVERSITY OF
TECHNOLOGY

**STUDENT
COUNSELLING
& HEALTH**

Depression



Depression Self-help Pamphlet/ Brochure

Front Fold:

- Top of page: Durban University Of Technology Logo and centered
- Middle of page: Depression: Feeling sad and blue?
- Bottom of page: Student Counselling Logo and centered

1. WHAT IS DEPRESSION

Life sometimes may be full of ups and downs. It may throw us curve balls when least expected. There may be times where we think that we cannot solve our problems and may feel a little dispondent and sad. During these times find that we just need to dig a little deeper in ourselves, and sometimes may need a little guidance or assistance from others to help us get us back on track. However, if you notice you are feeling extremely sad, low, unhappy, and down more than usual and for a long period of time you may be experiencing what is described as depression.

2. CAUSES OF DEPRESSION

There are a variety of reasons (causes) for why individuals may experience depression.

These may be due to biological, psychological, and social (environmental) problems. Often these have occurred together and may have an effect on one another creating negative consequences for the client to have to try cope with and deal with.



Bio: Biochemical, heredity, medical conditions/medication, and diet related problems may cause low moods

Psycho: Personality types, poor coping mechanisms, dysfunctional thought processes, ineffective responses or behaviours, or other psychological disorders or disorders with depressive symptoms may be the cause of depression.

Social: problems relating to difficult life events, abuse, family, financial, spiritual problems, academic or vocational pressures, loss and bereavement may cause sad feelings and low moods.

3. SYMPTOMS OF DEPRESSION

The symptoms which individuals may experience include:

- Feeling sad, low dull moods, anxiousness
- Feelings of emptiness and hopelessness
- Loss of interest activities once enjoyed
- Low energy levels, Fatigue
- Difficulty focusing and poor concentration, Difficulty remembering,
- Indecisiveness
- Change in sleep patterns, in weight, or eating habits
- Thoughts of death or suicide. Thoughts of hurting yourself
- Easily annoyed, bothered, or angered
- Headaches, aches and pains, and upset stomachs

4. DEPRESSION CAN LEAD TO

What will happen if I do not seek help?

Dysfunction in Daily Activities: You are often unable to perform daily activities

Interpersonal Problems: Depression can affect our thoughts, feelings, behaviours, and physical bodily functions. These changes may cause problems in relationships (family, colleagues, partners, friends, acquaintances)

Ineffective Academic and Occupational Functioning: No longer performing adequately in your academic environment (university/college, or work place)

Suicidal Thoughts and Attempt: Individuals who do not seek help and coping skills to deal with life challenges often feel that there is "no way out other than killing myself" and attempt to end one's life.

5. SELF-HELP

Change the way you think about things by:

- Having an awareness of negative thinking patterns or thoughts
- Engage in Positive self-talk
- Exercise Negative Thought stopping
- Replace negative thoughts with positive thoughts:
- Challenge negative thoughts
- Recall positive experiences and memories

Know your feelings and express them appropriately

- Identifying your feelings
- Addressing your feelings
- Handling criticism.
- Effective and appropriate expression of your emotions
- Communicate your feelings
- Acceptance of situations and Letting go
- Writing feelings in a journal
- Identify trigger points

Engage in more adaptive coping mechanisms by:

- Engaging in pleasant activities.
- Engaging in sports or hobbies
- Relaxation skills and mindfulness.
- Effective Decision-making
- Effective Problem-solving.
- Enhancing social support networks.
- Developing Assertiveness
- Seeking additional therapeutic help

6. REFERRING AND THE PROCESS OF HEALING

Often, individuals with depression feel as if they do not have the inner strength, ability or energy to "fix their own problems". If you or anyone experiencing depression can identify with this it just means that you need a little bit of guidance or assistance with the healing process.

