

Anxiety is a common feeling of worry, nervousness, or unease, usually about an upcoming event or uncertain outcome. When anxiety is impacting physical, mental, or emotional functioning, it may deserve more attention. Physical symptoms can include nausea, headaches, or difficulty breathing. Without making changes to address anxiety symptoms or gaining support from others, anxiety can be recurrent, be hard to control, and can worsen over time.

# WHAT ARE ANXIETY AND DEPRESSION?

- Depression can include poor concentration and feelings of sadness, hopelessness, or low self-worth. People often experience physical symptoms like low energy, disrupted sleep, or poor concentration. Social isolation and lack of motivation are typical, and thoughts of self-harm can occur in more serious cases.

## SIGNS OF ANXIETY AND DEPRESSION

- Difficulty concentrating • Sleeping issues like insomnia or excessive sleeping
- Low motivation • Fatigue • Avoiding school or feeling unable to attend class or complete assignments
- Guilt • Even small tasks require a lot of effort • Significant change in appetite • Loss of interest in or enjoyment of favorite activities • Increased alcohol or drug use • Drop in self-esteem or self-confidence

If you are worried about a friend, there is support for you, too. Consider talking to a counselor or other mentor about your concerns. Don't forget to take care of yourself!

Many people experience anxiety and depression. If you are feeling anxious or depressed, you are not alone. Many UVA students feel very sad, lonely, or overwhelmed at one time or another. Help is available and can make things easier.

## W O O KNEW ?

94% of UVA students using CAPS services are satisfied or better with confidentiality.\*

# EVERYONE NEEDS A HAND SOMETIMES

\*From the 2013 Healthy Minds Survey with responses from 1,864 UVA undergraduate and graduate students

## W O O KNEW ?

97% of UVA students say they would accept someone who has received mental health treatment as a close friend.\*

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## HELPING A FRIEND WHO MAY BE ANXIOUS OR DEPRESSED

### Words that can help:

- "You don't have to go through this alone. I am here to support you."
- "Even though I may not be able to understand exactly how you feel, I care about you and want to help."
- "There is nothing wrong with getting help for the stress you are feeling."
- "Getting help is not a sign of failure, but a sign of strength."

3 out of 4 UVA students believe that therapy is quite helpful or very helpful for treatment of depression.\*

When worried about a friend talking about self-harm, remember:

- Take any talk of suicide seriously.
- Your mentioning suicidal thinking does not cause someone else to be suicidal.
- Listen, be supportive, show that you care, and be honest.
- Don't leave your friend alone.
- Get help. Call 911 if harm is imminent or contact your RA or CAPS.
- Suggest that your friend seek professional counseling.

## ADDITIONAL UVA RESOURCES

Office of the Dean of Students: (434) 924-7133 Monday-Friday daytime – For crisis help after hours (434) 924-7166  
A great place to start when you don't know where to start, no matter how big or small the issue! Contact ODOS for guidance in choosing the best resources to use and advocacy for academic and other on-Grounds accommodations, or to share your concerns about a friend.

Maxine Platzer Lynn Women's Center: (434) 982-2252  
For education and services related to mental health.

Madison House HELP Line: (434) 295-TALK  
To talk about anything, anytime, 24/7.

## CONFIDENTIAL SUPPORT FOR YOU AND YOUR FRIENDS

Counseling and Psychological Services (CAPS): Monday-Friday daytime (434) 243-5150 – Crisis help after hours (434) 972-7004

UVA's primary (and free!) student counseling clinic located in Student Health. Call CAPS to learn more or to schedule an appointment.

Check out the CAPS website for descriptions of several support groups related to stress, anxiety, and depression:  
<http://www.virginia.edu/studenthealth/caps.html>