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.

**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.

**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
- Avoiding school or feeling unable to attend class or complete assignments
- Guilt
- Even small tasks require a lot of effort
- Significant change in appetite
- Increased alcohol or drug use
- Drop in self-esteem or self-confidence

### What are anxiety and depression?

- **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.

- **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
- Avoiding school or feeling unable to attend class or complete assignments
- Guilt
- Even small tasks require a lot of effort
- Significant change in appetite
- Increased alcohol or drug use
- Drop in self-esteem or self-confidence

### 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.

### Confident 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](http://www.virginia.edu/studenthealth/caps.html).

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
- **CAPS:** Monday-Friday daytime (434) 243-5150 – Crisis help after hours (434) 972-7004
- **Maxine Platzer Lynn Women’s Center:** (434) 982-2252
- **Madison House HELP Line:** (434) 295-TALK
- **HOO KNEW?** 94% of UVa students using CAPS services are satisfied or better with confidentiality.*

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

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

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

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

- **S T A L L S E A T J O U R N A L**
- **V O L U M E 1 5 , I S S U E 4**
- **O F F I C E O F H E A L T H P R O M O T I O N**
- **D E P A R T M E N T O F S T U D E N T H E A L T H**
- **U N I V E R S I T Y O F V I R G I N I A**
- **D E S I G N E D B Y S A R A H H O L S I N G E R , C L A S S O F 2 0 1 5**