

Medication

Medications that doctors use to treat depression work by helping to restore the proper balance of neurotransmitters. Medication takes 2-6 weeks before any improvement is noticed. It's normal that some people have to try several medications to find the one that works. Never stop taking medication without consulting with the prescribing physician.

Types of medication: Mood stabilizer, Antidepressants, Anti-anxiety

Why should a student get help?

- If depression isn't caught in the earliest stages, it tends to worsen in its severity.
- As a person enters the second, third, or fourth episodes it tends to get a little deeper each time
- A person doesn't have to suffer, counseling and medication has shown to help people feel better.

Things you can do to help a student

Acknowledge behaviors that you see:

1. Find a private place.
2. Be specific about behavior and your concern: "I have noticed that you seem very tired the past two weeks." "I've noticed you've missed class three times in the past two weeks."
3. Listen and validate: restate student responses, so the student will know you understand.
4. Avoid judging: avoid "why" questions, as "why" may imply judgment.
5. Develop options: family, friends, teachers, spiritual advisors, GRCC advisors, counselors

Encourage the student to seek support:

1. Ask what he/she believes would help.
2. Suggest resources and offer hope. "Have you ever thought about using..." "I might know some resources that can help, would you like to hear about them?"
3. Ask the student, "who in your life/community would you be comfortable talking with about this situation?"
4. Suggest a "check it out" visit with a resource (e.g., with a GRCC counselor).

Know your limitations

Remember to take care of yourself. Your role is to provide support; it is not to solve all their problems. In your desire to show you care, you may be feeling stressed because you are taking on too much responsibility. Do not let the situation cause you to start doing poorly in school, have health problems, or take basic enjoyment out of your own life. **Remember that a GRCC counselor is available for you to consult.**

For more information contact: Counseling and Health Services at Green River Community College.