

DEPRESSION

A Guide for Students

The pressure of balancing academic stress, peer interactions, extracurriculars and mental-well being make students susceptible to depression that changes their moods, thoughts, behaviours and perception of life. It is necessary to understand and seek professional help to deal with this

Start taking care of your body

Getting adequate sleep, eating healthy meals and maintaining an exercise routine can go a long way in helping with depressive symptoms.



Avoid drugs and alcohol

Under stress, it is appealing to resort to drugs or alcohol to reach an altered state of consciousness that allows one to escape reality but this can get addictive and can lead to further damage.



Strengthen bonds with family and friends

It is important to have a social support system to lean back on when you feel your mental health deteriorating. Vulnerability with loved ones makes the journey towards mental health easier.



Seek professional help

Approach a school counsellor, psychologist or a psychiatrist to seek professional help and deal with the episodes or symptoms of depression.

