



SIGNS YOUR COLLEGE BOUND CHILD IS DEPRESSED

What are some signs that your son/daughter may be depressed? If your child is experiencing any of the following, seek out help for them immediately:

- *Feeling very sad or withdrawn for more than two weeks*
- *Severe, out-of-control risk-taking behaviors*
- *Sudden overwhelming fear for no reason*
- *Not eating, throwing up or using laxatives to lose weight*
- *Seeing, hearing or believing things that are not real*
- *Repeatedly and excessively using drugs or alcohol*
- *Drastic changes in mood, behavior, personality or sleeping habits*
- *Extreme difficulty in concentrating or staying still*
- *Intense worries or fears that get in the way of daily activities*
- *Trying to harm oneself or planning to do so*