

Depression

Depression is common among people of all ages and all racial, ethnic and socioeconomic backgrounds. Depression is a treatable mental health condition, and early detection and treatment leads to better outcomes.

Signs and symptoms:

- Persistent feelings of sadness, hopelessness, or emptiness.
- Loss of interest in activities once enjoyed.
- Changes in appetite or weight.
- Sleep disturbances (insomnia or excessive sleeping).
- Fatigue or loss of energy.
- Difficulty concentrating.
- Thoughts of death or suicide.

What student-athletes can do:

- Talk to a trusted friend or family member.
- Seek help from a school counselor or mental health professional.
- Use campus resources like the Student Support Center.
- Practice self-care (exercise, healthy eating, sleep).
- Avoid using substances like alcohol or drugs.
- Stay consistent with your training and academics.
- Reach out to your coach or athletic department staff.

What athletics department staff can do:

- Create a supportive and inclusive environment.
- Educate staff and athletes about mental health.
- Provide access to mental health resources.
- Encourage athletes to seek help without stigma.
- Monitor for signs of distress in athletes.



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