

---

OCTOBER 7, 2021

## National Depression Screening Day

SCREENING CAN HELP CATCH MENTAL HEALTH PROBLEMS EARLY—B4STAGE4.



If you think you may be showing signs of a depressive disorder, [click here](#) to take a screening test.

A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

[www.mhascreening.org](http://www.mhascreening.org)  
Anonymous • Free • Confidential

Today is [National Depression Screening Day](#). It is helpful to bring this topic into focus by first distinguishing between sadness and depression. Feeling sad is normal, it is something everyone feels from time to time. But feeling very sad, for a prolonged period of time, can cause distress and contribute to life problems.

Depression goes beyond just feeling down, or sad, it can be pervasive, impact motivation, concentration and affect multiple areas of a person's life. There are several types of depression, and early identification and treatment is very important as it is a serious mental health condition that requires expertise, understanding and a mental health professional.

Depression is a type of mental illness called a mood disorder. Mood disorders occur when changes in mood go beyond the normal ups and downs, we all experience from day to day. Episodes of depression last at least two weeks at a time, but sometimes they can last for months or even years.

Depression is not a weakness, a character flaw or something you can just snap out of nor is it accurate to think if you try harder, you will feel better. What is accurate is that people who have depression can feel better with treatment.

If you or someone you know are experiencing 5 or more of the symptoms listed below every day for at least two weeks seek an evaluation for depression.

---

## Symptoms

- Persistent sad, anxious, or "empty" mood
- Sleeping too much or too little, middle of the night or early morning waking
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in activities once enjoyed, including sex
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment (such as chronic pain or digestive disorders)
- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless, or worthless
- Thoughts of suicide or death

**In honor of this day, we invite you to take a quick, easy, and confidential depression screening.**

**A screening is not a diagnosis, but a way of understanding if your symptoms are having enough of an impact that you should seek help from a doctor or other professional. [Click here to take a depression screen](#) or on our ISP page at <https://nymc.caresforyou.org/welcome.cfm>**

**To schedule a counseling appointment or psychiatric evaluation:**

**Teladoc**

**T: 1-800-Teladoc**

**Web: [member.teladoc.com/registrations/get\\_started](https://member.teladoc.com/registrations/get_started) to get started.**

**App: Teladoc**

**Hours: 7AM-9PM**

More Information can be found on our [website](#)

**SEE NEXT PAGE FOR MORE RESOURCES**

---

To schedule an appointment with an SMHW student intern, please see their calendars below:

- Amie Anderson: [calendly.com/amieandersonnymc](https://calendly.com/amieandersonnymc)
- Sara Fabian: [calendly.com/sfabian3](https://calendly.com/sfabian3)

## After Hours

### Health Advocate

1-(855) 384-1800 or visit [members.healthadvocate.com](https://members.healthadvocate.com)

**In crisis?** If you or someone you know is in crisis now, seek help immediately. Call **1-800-273-TALK (8255)** to reach a 24-hour crisis center or **dial 911** for immediate assistance.

The Crisis Text Line provides free, anonymous crisis intervention via text, 24/7. Visit their website on <https://www.crisistextline.org/>.

**Crisis Text Line - Text: START at 741-741**

## Additional Resources:

1. [At risk for depression in medical school? Know the key factors](#) - AMA
2. [If You're Often Angry Or Irritable, You May Be Depressed](#)
3. [Depression in Women: 5 Things You Should Know](#) - National Institute on Mental Health (NIH).
4. [Stressed or Depressed? Know the Difference](#) - Mental Health America
5. [Living with Depression](#)
6. [What is Depression?](#) - American Psychiatric Association
7. [The Two Worlds of Grief and Depression](#)

Department of Student Mental Health and Wellness Services

[NYMC\\_StudentWellness@listserv.touro.edu](mailto:NYMC_StudentWellness@listserv.touro.edu)

[WWW.NYMC.EDU/SMHWS](http://WWW.NYMC.EDU/SMHWS)

Follow us on Instagram @ NYMC\_TCDM\_SMHW