



Depression

Some IMPORTANT facts to remember:

- Warning signs may present differently in adolescent boys and girls than in older adults.
- Students involved in sports or activities may appear more high functioning than they feel internally.
- Feeling sad or irritable from time to time is normal; and not one or two symptoms is necessarily of concern; however, noticing several of them could be.

Clinical SYMPTOMS of DEPRESSION include the following:

- ❖ sad or irritable mood
- ❖ anger or behavioral outbursts – more physically aggressive
- ❖ diminished interest/pleasure in activities
- ❖ feelings of worthlessness/hopelessness
- ❖ performance reduction
- ❖ changes in appetite
- ❖ changes in sleep
- ❖ psychomotor agitation/retardation (restlessness or being slowed down)
- ❖ fatigue
- ❖ negative view about self/others
- ❖ inattention
- ❖ self-harming (cutting, burning, bruising)
- ❖ thoughts of death (with or without plan) or attempts to kill or harm self; student talking about giving away their possessions

If you notice SEVERAL of these SYMPTOMS in your student-athlete, there is a chance that they may be struggling with depression. It is important to TALK to the student-athlete about this. If you aren't sure, rather lean on the side of asking. Talking or asking about depression symptoms and/or suicide doesn't cause these symptoms/behaviors to start to occur.