50% of college students feel so depressed that they have trouble functioning in school (ACHA, 2008). Thus, CTMH has a wide range of services for students with depression. We offer prevention and educational services such as campus wide Depression Screenings, and small group presentations. Our clinical staff consists of 5 Ph.D. level therapists, and a board-certified psychiatrist. Clinical services are offered to enrolled TCU students at no charge, but initial appointments are scheduled on a same day: first-come, first serve basis. This means that if you know you have approximately 1 hour available in your schedule on a specific day, you should call our office at 817-257-7863 early that morning. For students in crisis, CTMH has walk-in appointments available on weekdays from 10:00 a.m. - 12:00 p.m. and from 1:00 - 3:00 p.m.
WHAT IS DEPRESSION?

Depression is a common and sometimes serious disorder of mood that is pervasive, intense, and effects the mind and body at the same time.

Depression may be associated with an imbalance of chemicals (neurotransmitters) in the brain that carry communications between nerve cells which control mood and other basic bodily functions, such as appetite and sleep.

Other factors may also come into play, such as negative life experiences such as stress or loss, other medical illnesses, medicines, and certain personality traits and genetic factors.

COMMON SYMPTOMS OF DEPRESSION:

Persistent sad moods, Loss of interest in ordinary activities, Changes in appetite or weight, Inability to sleep or oversleeping, Restlessness or sluggishness, Fatigue, Difficulty concentrating, Feelings of guilt or hopelessness, Thoughts of death or suicide.

TYPES OF DEPRESSION:

Major depression is a common type of depression and is characterized by at lease five of the common symptoms

Dysthymia is a milder, chronic form of depression that lasts two years of more.

Bipolar depression is the depressive phase of manic-depressive illness (bipolar disorder), in which there are both extreme highs and extreme lows of mood. Bipolar depression symptoms are similar to those of major depression, and may involve excessive sleep and appetite as well as fatigue.

Seasonal Affective Disorder is a type of depression that follows seasonal rhythms, with symptoms occurring in the winter months and diminishing in spring and summer. This can occur in major depression or bipolar disorder.

TREATMENT OF DEPRESSION:

More than 80% of people with depression improve with treatment within several months, although it may be necessary to try multiple forms of treatment until the right ones are found.

Antidepressant medications may take several weeks to be effective.

Psychotherapy (talking therapy) has multiple aims: from helping the person develop new ways of thinking, improving relations with other people, and resolving current conflicts or those remaining from childhood.

For the majority of people, the combination of psychotherapy and medication is the most effective treatment.