

Depression is one of the most common forms of mental health distress. We all go through difficult times in our lives, but for people who are depressed life can be a real struggle. They may feel bad about their lives and themselves in many ways. At times they may feel despairing. Counselling can provide a powerful way of safely exploring how the depression began and of assisting the student to mobilise those centres of resilience that still remain, GP referral is recommended and the careful use of anti-

Loss of interest in most things/exaggerated interest
Significant mood swings
Excitable/restless/fidgety
Extremely angry
Extremely sad
Feeling flat
Isolated and withdrawn
Feeling of disorientation
Altered states of perception
Persecutory ideas
Feelings of acute loneliness

Other indicators

Something what the student is saying or doing makes you feel very concerned or uneasy
History of mental health difficulties
Recent disruptive/traumatic events