

Office of Community Standards and Counseling

Hours:
Monday – Thursday:
8:30 am to 5 pm
Friday:
8:30 am to 4 pm

Room 1155
585-785-1211

www.flcc.edu/offices/judicial/

After Hours:
For non-emergency situations
call: Campus Safety @ **585-785-1900**

In the case of an emergency,
call **911**

Additional Resources:
Lifeline: dial **211** or **1-877-356-9211**

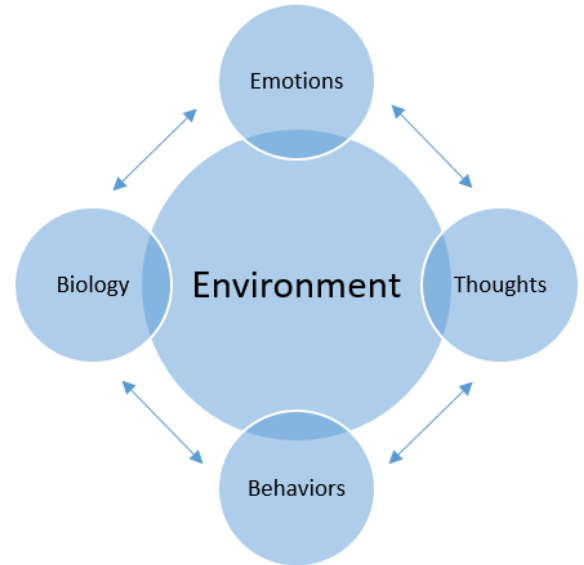
National Suicide Prevention
Hotline: **1-800-273-8255**

Crisis Text Line: Text **HOME** to
741741

3325 Marvin Sands Drive
Canandaigua, NY 14424



Depression is thought to develop in response to several interconnected factors, including environment, biology, and how one typically thinks, feels, and behaves. Depression causes feelings of sadness and/or loss of interest in activities once enjoyed. It can decrease a person's ability to function at home, school, or work.



Here is an example of this cycle:

Environment: Mark recently moved to Canandaigua from a different city.

Thoughts: "Am I going to fit in?"; "Will I be able to make friends?"

Emotions: These thoughts lead to him feeling angry, sad, and lonely.

Behavior: Upset by these feelings, he decides to spend most of his time in his room instead of taking part in activities on campus.

Biology: Mark feels tired and "dull".

This in turn continues the Depression Cycle.

Ways to Manage Depression Effectively

If you are experiencing symptoms of depression, here are some strategies to manage effectively. Since different factors impact depression, a change in one area may interrupt the cycle and have a positive impact. A combination of changes are most effective.

Biology	Thoughts	Emotions	Behaviors
Sufficient and restful sleep, nutrition and regular exercise	Recognize unhelpful thought patterns	Identify feelings	Spend time with friends
Light therapy	Challenge negative thoughts	Talk with a professional	Engage in pleasant activities (listen to music, watch a funny movie)
Medication	Focus on positive aspects of a situation	Practice letting go of painful emotions	Make time for positive self-care (hot shower, go for a walk, deep breathing)