

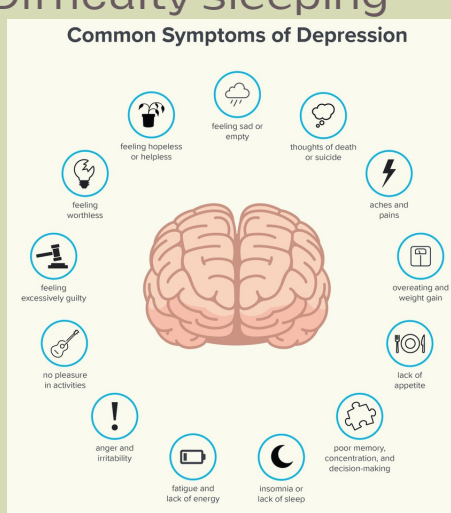
FACTS ABOUT DEPRESSION & RESILIENCE



DEPRESSION SYMPTOMS

- Affects over 250 million people worldwide¹
- Affects 1 in 10 people in the US²
- Young women are 2x as likely to develop depression than young men³
- Having family with mental health issues increases your risk⁴
- Having other chronic diseases increases one's risk of depression⁵
- Having depression increases the risk of suicidal thoughts and suicide⁶

- Emptiness
- Sadness
- Worthlessness
- Anxiety
- Hopelessness
- Physical Aches
- Fatigue
- Loss of pleasure in activities
- Difficulty sleeping⁴



RESILIENCE

Resilience is the dynamic process that helps sustain an individual's well-being with the actions of exploring and utilizing resources. This process provides one with the ability to face adversity and continue to live their life.⁸



THERAPY TO BUILD RESILIENCE

WHEN THE WORLD FEELS LIKE CAVING IN, REACH OUT

- Individual⁹
 - Build Self-Efficacy
 - Increase Self-Confidence
 - Learn coping skills
 - Provide knowledge and skills to build resilience



- Group⁹
 - Learn how to build positive social relationships
 - Learn how interpersonal relationships can contribute to support in resilience and managing depression
 - Strengthen existing relationships

Locations & Hours

Each University/College has a specific building/room for therapy to take place
(For more information contact *The World & Our Emotions*)

8:00 am to 7:00 pm

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SINCE 2022

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