

Information about Depression

Feeling down is common and can be a normal reaction to the stress. When a low mood lasts for more than a month, a person may be experiencing clinical depression. The signs or symptoms vary between individuals and over time.

Common signs include:

- Persistent low mood.
- Sadness or emotional numbness.
- Loss of pleasure in everyday activities.
- Irritability.
- Anxiety.
- Poor concentration.
- Feeling guilty or crying for no apparent reason.
- Changes in eating or sleeping patterns.
- Feelings of hopelessness and thoughts of death.
- Loss of energy/fatigue.

Depression can 'sap the will' and make many normal tasks seem like an enormous effort. One in five women and one in ten men experience a major episode of depression during their lifetimes. Treatment of serious depression can include counselling and/or antidepressant medication.

Ways staff can assist:

- Create an environment where students are encouraged to disclose their needs and seek appropriate support as required.
- Provide a clear structure for the course with explicit information about assessment, dates, and resources.
- Provide a safety net for students unable to attend or concentrate on lectures by making lecture material available on Cecil or in the Department.
- Flexible assignments (provide students with a range of ways to show their understanding and grasp of material).
- Flexible deadlines, or a system for extensions which reduces the amount of self-advocacy that the students need to undertake (with documentation of the impairment and possibly for the life of the subject).
- Know relevant support services on campus and in the community, and where appropriate, seek advice from them or encourage students to ask for help.

Useful websites:

www.depression.org.nz
www.outoftheblue.org.nz
www.flexiblelearning.auckland.ac.nz/calm

The University of Auckland encourages partnerships between Faculties, student services and students, to support students achieve their academic potential.

Available support services for staff and students

- Student Disability Services: Ph: 09 373 7599 ext 82936
Email: disabilities@auckland.ac.nz
- Student Learning Services: Ph: 09 373 7599 ext 88850
Email: sls@auckland.ac.nz
- Student Health & Counselling: Ph: 09 373 7599 ext 87681
- Useful Website: www.flexiblelearning.auckland.ac.nz/calm

Disclosure is voluntary

Students may choose not to disclose their invisible disability because they:

- Don't want special treatment, or want to see if they can cope alone.
- Fear discrimination.
- Feel embarrassed about asking for help.
- Want to get to know staff first, and then decide whether to disclose.

Information has been sourced from:

- Mental Health Foundation of New Zealand: www.mentalhealth.org.nz

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CONTACTS FOR MORE INFORMATION OR SUPPORT

Disability Services

Room 036 Basement

ClockTower Building

22 Princes Street

Auckland

Ph: 09 373 7599 ext 82936

Fax: 09 308 2354

www.eo.auckland.ac.nz

www.disability.auckland.ac.nz

disabilities@auckland.ac.nz

University Medical Services

City Campus Clinic

Level 3, Student Commons Building

2 Alfred Street

Ph: 373 7599 ext 87681

Grafton Campus Clinic

The "White House"

151 Park Rd

Ph: 373 7599 ext 86962

Tamaki Campus Clinic (Registered Nurse Clinic only)

Building 730.110

Morrin Road

Ph: 373 7599 ext 86677

Epsom Campus Clinic

R Block, Gate 4

60 Epsom Avenue, Epsom

Ph: 373 7599 ext 48526

Student Learning Services

Ph: +64 9 373 7599 ext 88850

sls@auckland.ac.nz

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