



Information about Depression

Feeling down is common and can be a normal reaction to 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

Available support services for staff and students

- Disability Services: Ph: +64 9 373 7599 ext 82936
Email: disabilities@auckland.ac.nz
- Student Learning Centre: Ph: +64 9 373 7599 ext 88850
Email: slc@auckland.ac.nz
- Student Health & Counselling: Ph: +64 9 373 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

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

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: +64 9 373 7599 ext 87681

Grafton Campus Clinic

The "White House"

151 Park Rd

Ph: + 64 9 373 7599 ext 86962

Tamaki Campus Clinic (Registered Nurse Clinic only)

Building 730.110

Morrin Road

Ph: +64 9 373 7599 ext 86677

Epsom Campus Clinic

R Block, Gate 4

60 Epsom Avenue, Epsom

Ph: +64 9 373 7599 ext 48526

Student Learning Centre

Ph: +64 9 373 7599 ext 88850

slc@auckland.ac.nz

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