

Do I Need Mental Health Support?

Feeling sad, overwhelmed, and worried are part of normal development. We all go through ups and downs in life. It can be hard to know when it is time to seek professional help. If you are experiencing the following signs of anxiety or depression for **more than two weeks** and they are **interfering with your daily activities** (i.e. school, hanging out with friends, etc.), talk to your **house advisor, nurse or mental health coordinator** to get connected to counseling *on-campus for free*.



SIGNS OF DEPRESSION

- Feeling sad, empty or tearful everyday
- Loss of interest in activities that were enjoyed
- Changes in eating or sleeping patterns
- Irritability or feeling annoyed
- Difficulty thinking and concentrating
- Complaints of continued boredom
- Complaints of headaches, stomachaches or fatigue with no actual physical problems
- Feeling guilty, worthless, and hopeless
- [Suicidal thoughts or attempts](#) ([Click to learn more](#))

Get help if you are experiencing these signs for **more than two weeks** and they are **interfering with your daily activities**.

SIGNS OF ANXIETY

- Feelings of excessive worry everyday
- Feeling restless or agitated
- Changes in eating or sleeping patterns
- Irritability or feeling annoyed
- Difficulty thinking and concentrating
- Feeling tense in muscles or joints
- Complaints of headaches, stomachaches or fatigue with no actual physical problems
- Irrational fears
- Avoidance of social situations
- Feelings of panic

Talk to your house advisor, nurse, or mental health coordinator for more information about free mental health services and substance abuse treatment on campus.

For low-cost therapy outside of school, click here: [Resources in English](#) and [Resources in Spanish](#)
More community resources in the City of Santa Monica can be found on the [Cradle to Career Website](#)