

## Next steps

- ◆ If you are unsure of whether or not you are experiencing grief or depression, ask to speak to a counsellor or a doctor. If the symptoms of grief are worsening or persisting, these may be signs of depression.
- ◆ Depression is often treated with medication but there many other treatments that can be used, such as therapy or support groups whether on campus, or in the community at large.
- ◆ There is a distinction between feeling depressed and true clinical depression. Often people use the word depressed to describe feelings such as sadness, disappointment, broken-heartedness, melancholy, and so on.
- ◆ Ordinary grief is not a disorder and is generally not treated with medications with the possible exception of short term prescribed sleep aids for insomnia or grief-related anxiety that interferes with daily life.

## CU Healthy

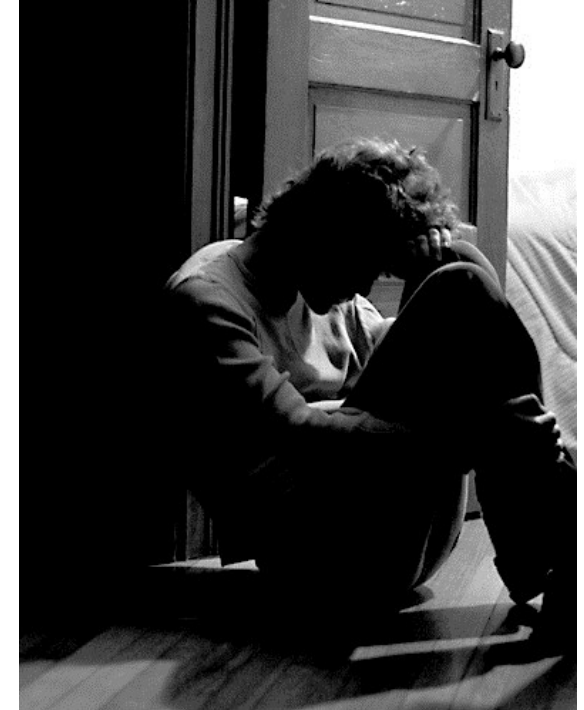
**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Helpers
- Website ([carleton.ca/health](http://carleton.ca/health))
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or email us at [carletonwellness@gmail.com](mailto:carletonwellness@gmail.com)



## Why am I Sad?



613-820-6674

[Carleton.ca/health](http://Carleton.ca/health)  
2600 CTTC Building

## What is Depression?

Depression typically refers to major or clinical depression with symptoms such as:

- feelings of sadness
- crying a lot
- sleep and appetite disturbances
- fatigue
- loss of pleasure
- difficulty concentrating
- low energy

Depression may be due to a chemical imbalance in the brain, genetics, life events, health issues, and other stressors. It is not considered a part of everyday living, although being depressed does not make one abnormal.

## What is Grief?

Grief is a normal life experience, not a disorder, and tends to follow a significant loss such as the death of a loved one but may also include loss of a job, one's health, or the end of a relationship.

The duration and intensity of grief are variable but resilience in bereavement is the most common pattern.

A grieving person may become depressed if symptoms persist or worsen but this is not automatically the case.



## Are you Experiencing Depression or Grief?

Grief and depression are easy to confuse, but there are the differences between the two:

1. Grief tends to be related to a specific loss, while depression tends to be more non-specific and chronic.
2. A hallmark of grief is the ability to be consoled, whereas depression derives little relief from consolation.
3. A grieving person usually stays connected to others and continues to rebuild their life. With a depressed person the connection to others is generally missing.
4. Although it takes some time, Typically the pain of grief gradually fades, whereas clinical depression can last a long time.