

Sources

Diagnostic and Statistical Manual
of Mental Disorder, 5th edition

Helpful Information

- **The Trevor Project (for LGBT individuals in crisis):** 1-866-488-7386
 - Can text without having to call, Available on Fridays
Text the word “Trevor” to 1-202-304-1200
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- **Facebook and Instagram**-you can report a concerning post that a friend/follower has posted and they will contact the person via email and they will give them helpful resources
- **911**

SOWELA Technical Community College does not discriminate on the basis of race, color, national origin, gender, disability, or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies:

Title	Compliance Officer
Address	3820 Sen J Bennett Johnston Ave
Telephone No	337-421-6565 or 800-256-0483
Email	complianceofficer@sowela.edu

On Campus:

Campus Security: 274-9790
Counseling Center: 421-6951
Student Support Services: 421-6969

Off Campus:

Lake Charles Police: 491-1456 or
911
Sheriff's Office: 491-3751
Oasis-A Haven for women and
children: 494-7273
Lake Charles Memorial Hospital
ER: 494-3036

SOWELA Technical Community College Counseling Center

Magnolia Bldg, Student Success Center
Hour of Operation: Mon.-Fri., 8am-4pm
Phone:337-421-6971
<https://www.sowela.edu/personal-life-counseling>

Depression And Anxiety



Counseling Center
counseling@sowela.edu
337-421-6971

What should I expect from therapy?

- You will have an unbiased objective person who will listen to your issues and help you find solutions.
- In therapy you will learn skills that will help you cope with your depression and anxiety more effectively.
- A therapist can help refer you to a psychiatrist for medication if necessary.
- Therapy is confidential with the exception of a few things:
 - If you report wanting to harm yourself or others
 - If there is any indication of abuse to the elderly, children, or disabled persons

WARNING SIGNS

Depression

- Frequent sadness
- Loss of motivation
- Loss of energy
- Change in sleep
- Change in appetite.
- Anhedonia
- Isolative
- Recurrent thoughts of death or suicide
- Feelings of worthlessness
- Low self esteem
- Feelings of hopelessness or helplessness
- Difficulty concentrating

Generalized Anxiety

- Constant worry
- Irritability
- Feeling keyed up
- Restlessness
- Difficulty concentrating
- Sleep Disturbance
- Muscle tension

What do I do if I or someone I know may be struggling with depression or anxiety?

- Seek professional help such as:
 - Family Doctor
 - School Counselor
 - Therapist
 - Psychiatrist
 - Psychologist
- It's important to recognize that help is necessary to feel better and that there is no shame in seeking help.

If you or someone you know feels like harming themselves, please call 911 immediately