



# Freedom from depression.

Everyone has bad days. At times, it is also normal to feel disappointed with life, frustrated with circumstances, and stressed. But when bad days turn into bad months, and negative feelings don't seem to go away, it may be a sign of depressive illness.

**Depression can affect any one, at any age, and may be triggered by:**

- Life stressors
- Biological components
- Personal or medical crises
- Sudden loss or change
- Situational and/or seasonal factors
- Physical changes, injury or chemical imbalance

ASPIRE Student Assistance can help provide emotional support and resources for help with depression.

## Contact ASPIRE.

ASPIRE's services are confidential\* and complimentary to students and family members.

\*All information shared with the ASPIRE program is strictly confidential unless student consents otherwise or law requires.

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