DEPRESSION:
GET HELP & LEARN MORE

Get Help

- **JMU Counseling Center** offers a variety of services to students, visit their website, [https://www.jmu.edu/counselingctr/](https://www.jmu.edu/counselingctr/) or call 540-568-6552 to schedule an appointment.

- **Sentara RMH Emergency Department** is a resource for immediate, urgent situations. They have crisis counselors available in the Emergency Department.

Learn More

- **National Institute of Mental Health (NIMH)** [https://www.nimh.nih.gov/health/topics/depression/index.shtml](https://www.nimh.nih.gov/health/topics/depression/index.shtml) offers an overview of the various types of depression, causes, signs/symptoms, and more. NIMH is part of the National Institute of Health (NIH).