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/, 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 offers an overview of the various types of depression, causes, signs/symptoms, and more. NIMH is part of the National Institute of Health (NIH).