



# Disability Support Services Quarterly Newsletter

Please visit our website: [www.ctcd.edu/disability-support](http://www.ctcd.edu/disability-support)

Volume 4, Issue 2 (May 2022)

## Contact Information

### DSS Office Location, Phone &

#### Fax Numbers:

Building 215, Room 111

Phone: (254) 526-1195  
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Extension 1195  
Fax: (254) 526-1700

### DSS Summer Office Hours:

Mon.-Thurs. 7:30 a.m.- 5:30 p.m.  
Closed on Friday

### DSS Team:

Dr. Christy Shank  
DSS Director

Wilma Brown-Smith  
DSS Coordinator

Ron Porter  
DSS Coordinator

### Important Dates:

Memorial Day Holiday: May 30

Summer 2022 Semester: May 31

Juneteenth Holiday: June 20

Independence Day Holiday: July 4

For this edition of the DSS Quarterly Newsletter, DSS would like to share information about potential issues with depression and anxiety among college students to help educate others about this topic.

Our DSS staff is available to service our students, faculty, and staff during business hours.

To schedule a virtual or in person appointment or for assistance with accommodations, please contact one of the following DSS Coordinators:

\*Wilma Brown Smith: [wbrown@ctcd.edu](mailto:wbrown@ctcd.edu) or 254-526-1863  
\*Ron Porter: [ron.porter@ctcd.edu](mailto:ron.porter@ctcd.edu) or 254-526-1822

Any questions, comments, and suggestions can be sent to:

[DSS@ctcd.edu](mailto:DSS@ctcd.edu)

### DSS Mission Statement

DSS is committed to assisting the college so that individuals with disabilities are assured an equal opportunity to participate in, contribute to, and benefit from all college programs, services, and activities. DSS supports individuals with disabilities by coordinating reasonable accommodations and services. We are committed to providing equal access to higher education for academically qualified individuals with disabilities.

### Quote of the Quarter

*"One small crack does not mean that you are broken, it means that you were put to the test and you didn't fall apart."*

~ Linda Poindexter ~

## Depression & Anxiety Among College Students

According to the Mayo Clinic Health System, a study revealed approximately 44% of college students reported having symptoms of depression and/or anxiety. Increased societal pressure to achieve success and students not being equipped with necessary life skills may be contributing factors of depression and anxiety among the college population. Unfortunately, up to 75% of struggling college students are reluctant to seek help, which may lead to dropping out of college and poor academic performance.

Symptoms of depression and anxiety can include:

- \* Difficulty handling schoolwork
- \* Loss of interest in activities, such as clubs, sports or other social commitments
- \* Changes in eating or sleeping patterns
- \* Emotional outbursts, such as tearfulness or anger
- \* Sense of being overwhelmed or feeling panic
- \* Faulty self-assessments
- \* Lack of energy

This topic is of importance as suicide is the third leading cause of death for college students. Four out of five college students who consider or attempt suicide have shown clear warning signs prior to the attempt. Such warning signs may include any of the following: Ignoring class work or skipping classes; Withdrawal from friends and wanting to be left alone; Giving away possessions; Talking about suicide; Increasing use of alcohol or drugs; Saying goodbye to people as if they won't be seeing them again.

Being alert to these warning signs may help save a life. Students who are experiencing issues with depression and anxiety should seek help from a qualified doctor, psychologist, or licensed professional counselor.

**CTC students needing assistance with depression and/or anxiety can contact The Student and Employee Assistance Program/Substance Abuse Resource Center (SEAP/SARC) on our central campus. For information about this service, visit <https://www.ctcd.edu/locations/central-campus/campus-safety-wellness/student-employee-assistance-program/student-and-employee-assistance-program-seap/>**

**Source:** <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/college-students-and-depression>

**Please visit the DSS website for detailed information on services: [www.ctcd.edu/disability-support](http://www.ctcd.edu/disability-support)**