



STUDENTS AGAINST DEPRESSION

.ORG

# Feeling Low?

There's a place you can go.

For seven years, the Students Against Depression website has been there for students affected by low mood, depression and suicidal thoughts.

Now the site has been relaunched to offer even more options and strategies for resisting depression and boosting your mood.

## Students Against Depression

Experiencing low mood or depression when others seem to be having 'the time of their lives' can leave you feeling isolated. Since launching in 2005, Students Against Depression has been the place to go to find advice, resources – and the knowledge that you are not alone.

Now the website has been relaunched with great new art work, providing greater levels of support, a better user experience and a more modern look and feel. Our new workbook modules help you choose relevant advice and put it into practice in your own life.

## By students for students

And you will have the company of our student bloggers who offer their own honest accounts of what it's like to be a student living with depression and what works for them. They chart their good days and bad, their experience of what helps and what doesn't, their feelings about work, friendships and family.

## Support and guidance

Depression can pull you down into feeling hopeless and helpless, but take heart: there are lots of ways to turn things around. Whether you are feeling desperate and in need of urgent advice, or just looking for some small, positive changes to help boost your mood, you will find clinically-proven strategies to suit you at [studentsagainstdepression.org](http://studentsagainstdepression.org)



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