

# Depression -

(Continued from Page 3)

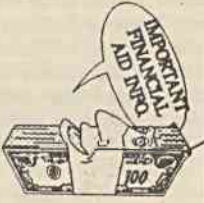
depression is a chronic, recurrent disorder that may require long-term treatment to prevent re-emergence of depressive symptoms. That's why it's important for the patient to continue following the doctor's instructions, even after symptoms disappear.

## What are the warning signs that the illness might be getting worse?

After treatment begins, it may be several weeks before the patient starts to feel better, although it's not unusual for family or friends to notice improvement sooner than the patient does. On the other hand, it's important for the pa-

tient to contact his or her physician if the symptoms of depression seem to be getting worse, or come back after they had resolved. While depression is among the most successfully treated mental disorders, it is a serious illness. Fifteen percent of people with depression commit suicide and about

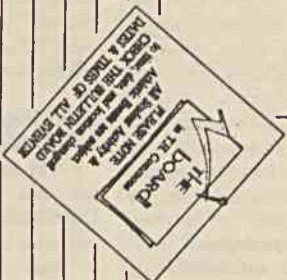
half of all suicides are committed by severely depressed individuals. If someone you care about begins to talk about suicide or death or shows other signs of having these thoughts, tell his or her doctor immediately.



November 17  
November 27  
November 30

Office Hours:  
8 am - 2 pm  
4 pm - 8 pm

Last Payment Date for Federal Pell Grant, SBOG, NCSIG, Loans & Scholarships - Fall Quarter  
Registration Day (students receiving a Pell Grant may change in the business office & bookstore)  
Scholarship Payment or Change Date  
Federal Work Study Payment Date



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**OUTDOOR CLUB**  
Look for these signs during campus-wide cleanup & raze

Early Registration for Winter Quarter

Cougur Volleyball Tournament at Caldwell Community College 10:AM

1 ALL SAINTS DAY

Early Winter Quarter Registration  
Advisement Day (No Classes)

2 Cougur Basketball (M) at Piedmont Bible College 7:30 pm

Intramural Flag Football Game

Study Break: A way & TUNES-N-TUNA RADIO 94.7, 12:30-1:30 COMMONS

Classes Resume

3 Intramural Flag Football Game

Last Day of Classes Fall Quarter

Cougur Basketball (M) at Hixson College 4 pm

4 VETERANS DAY

Registration Day 9 am - 3 pm  
Winter Quarter  
SCA Bake Sale

First Day of Classes  
COMEDIAN- JP HOPKINS  
11:AM-1:PM, COMMONS

Intramural Volleyball Captain Meeting  
NC Symphony  
Holiday Pops, LAWCC

27 Cougur Basketball at CPCC, (M) 5pm, (M) 7 pm

# NOVEMBER

# 1995