



Depression Checklist

Every year more than 19 million American adults experience clinical depression. It affects men, women and children of all races and socio-economic groups, causing them to lose motivation, energy and the pleasure of everyday life. Clinical depression often goes untreated because people don't recognize its many symptoms. The good news is that almost everyone who gets treated can soon feel better.

Here is a checklist of ten symptoms of clinical depression:

- ◆ A persistent sad, anxious or "empty" mood
- ◆ Sleeping too little or sleeping too much
- ◆ Reduced appetite and weight loss or increased appetite and weight gain
- ◆ Loss of interest or pleasure in activities once enjoyed
- ◆ Restlessness or irritability
- ◆ Persistent physical symptoms that don't respond to treatment (such as headaches, chronic pain, or constipation and other digestive disorders)
- ◆ Difficulty concentrating, remembering or making decisions
- ◆ Fatigue or loss of energy
- ◆ Feeling guilty, hopeless or worthless
- ◆ Thoughts of death or suicide

If you experience five or more of these symptoms for longer than two weeks or if the symptoms are severe enough to interfere with your daily routine, see your doctor or a qualified mental health professional.

For more information on depression, or to locate a free, confidential and professional depression screening site in your area, call the National Mental Health Association at 800-969-NMHA (6642) or visit www.nmha.org for a confidential online depression screening.