



SYMPTOMS OF DEPRESSION

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness
- Feelings of guilt, worthlessness, helplessness
- Don’t feel like your usual self
- Nothing cheers you up or lifts your mood
- Loss of interest or pleasure in hobbies, activities and relationships that you enjoy
- Decreased energy or increased fatigue
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Restlessness, irritability
- Thoughts of death or suicide, or suicide attempts

If you are experiencing several of these symptoms every day for at least two weeks, you should make an appointment with your family doctor to evaluate if you are depressed and what you can do about it.