

Symptoms of Depression

Depression can affect your ability to cope with daily life during cancer treatment. Here are some symptoms of depression that you may be feeling. If you are having several of these symptoms every day for more than 2 weeks, schedule an appointment with a counselor or ask your doctor to refer you to psychiatry services. If you are in crisis please seek the help of Emergency Services immediately.

Symptoms: (check off your symptoms)

- Lasting sadness or “empty” mood
- Feelings of hopelessness
- Feelings of guilt, worthlessness, helplessness
- Nothing cheers you up or lifts your mood
- Loss of interest or pleasure in hobbies, activities and relationships that you used to enjoy
- Decreased energy and increased fatigue
- Problems thinking, remembering and/or making choices
- Cannot sleep, early-morning waking up, or oversleeping
- Taste and/or weight changes
- Restlessness and/or irritability
- Constant thoughts of death
- Wanting to die, making plans or suicide attempt (SEEK HELP IMMEDIATELY *)**

Resources:

- * [Crisis Line BC](#) – 1800SUICIDE (1-800-784-2333). Connecting immediately with a crisis line worker. Attend a hospital Emergency Department.
- BC Cancer, [Patient & Family Counselling Services](#) at your Cancer Centre.
- Keltys Key – free online courses for support ([depression](#))
- Here to help – information sheets ([depression](#))