

Depression Signs & symptoms

Do you, or someone you know, have Depression? How can you tell if someone is depressed? When is it time to seek treatment? What does depression recovery look.



- ☐ Persistent sad, anxious, or "empty" mood
- ☐ Feelings of hopelessness, or pessimism
- ☐ Irritability
- ☐ Feelings of guilt, worthlessness, or helplessness
- ☐ Loss of interest or pleasure in hobbies and activities
- ☐ Moving or talking more slowly
- ☐ Decreased energy or fatigue
- ☐ Feeling restless or having trouble sitting still
- ☐ Difficulty concentrating, remembering, or making decisions
- ☐ Difficulty sleeping, early-morning awakening, or oversleeping
- ☐ Appetite and/or weight changes
- ☐ Thoughts of death or suicide, or suicide attempts
- ☐ Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment