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

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