

Depression **checklist**

Possible symptoms of depression

Check the symptoms below that are true for you.

In the past two weeks, nearly every day, have you:

- Felt down, sad, or hopeless?
- Had little interest or pleasure in doing things?

If either question is marked, keep going.

In the past two weeks, nearly every day, have you:

- Had change in weight or appetite that you could not explain?
- Had trouble sleeping or slept too much?
- Felt restless or nervous?
- Felt tired or had less energy?
- Felt worthless or guilty?
- Had problems thinking clearly or making decisions?
- Kept thinking about death or hurting yourself or tried to hurt yourself?

Talk to your doctor about your answers. Only a doctor can decide if you have depression.

Facts about depression

Depression is a very common illness. But depression is treatable. It is important to get proper treatment. Then you can get back to enjoying life!