



Are you depressed?

If you identify with several of the following signs and symptoms, and they just won't go away, you may be suffering from clinical depression:

- you can't sleep or you sleep too much
- you can't concentrate or find that previously easy tasks are now difficult
- you feel hopeless and helpless
- you can't control your negative thoughts, no matter how much you try
- you have lost your appetite or you can't stop eating
- you are much more irritable, short-tempered, or aggressive than usual
- you're consuming more alcohol than normal or engaging in other reckless behavior
- you have thoughts that life is not worth living (seek help immediately if this is the case)

Signs and symptoms of depression include:

- **Feelings of helplessness and hopelessness.** A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.
- **Loss of interest in daily activities.** No interest in former hobbies, pastimes, social activities, or sex. You've lost your ability to feel joy and pleasure.
- **Appetite or weight changes.** Significant weight loss or weight gain—a change of more than 5% of body weight in a month.
- **Sleep changes.** Either insomnia, especially waking in the early hours of the morning, or oversleeping (also known as hypersomnia).
- **Anger or irritability.** Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.
- **Loss of energy.** Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.
- **Self-loathing.** Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.
- **Reckless behavior.** You engage in escapist behavior such as substance abuse, compulsive gambling, reckless driving, or dangerous sports.
- **Concentration problems.** Trouble focusing, making decisions, or remembering things.
- **Unexplained aches and pains.** An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.

If you are in crisis and need to speak with someone immediately, call the 24 Hour National Suicide Prevention Line at (800) 273-8255.