

Signs and Symptoms of Depression

1. Little interest or pleasure in doing things
2. Feeling down, depressed, hopeless
3. Crying (weepiness)
4. Trouble falling, or staying, asleep, or sleeping a lot
5. Poor appetite, or overeating
6. Feelings of being a failure, or letting your family down
7. Fatigue or lack of energy, apathy, inactivity
8. Trouble concentrating, making decisions, "staring into space"
9. Speech changes - mumbling, speaking too softly
10. Use of alcohol
11. Feelings of suicide

Little Interest or
Pleasure in Activities?

Thoughts
of
Suicide?

Too
Little or
Too
Much
Sleep?

Fatigue or No Energy?

Feeling Worthless?

Recent Weight
Loss or Gain?

Depression
Treat it as if your
life depended on it.

Feeling Bad
About Yourself?

Thoughts
of Death?

Trouble
Making
Decisions?

Feeling Restless
or Nervous?

Hard to Think or
Concentrate?

**If You Are Experiencing Any of These Symptoms,
Talk To Your Primary Care Manager.**

 **NAMI**