



## Am I DEPRESSED?

Please note if you have experienced any of the following symptoms more often than not during the last two weeks.....

- **Finding it hard to get motivated and feel interested in things**
- **Wanting to avoid friends and everyday activities**
- **Difficulty concentrating or making decisions**
- **Poor appetite or overeating**
- **Losing weight, without dieting, or gaining weight**
- **Finding it difficult to get to sleep, waking during the night, or waking too early and not being able to get back to sleep**
- **Wanting to sleep all the time**
- **Thinking about, or planning suicide**
- **Having unpleasant, negative thoughts (like feeling guilty or that you are a bad or unworthy person)**
- **Getting pains in your body or headaches that do not seem to have any physical cause**
- **Low energy or fatigue**
- **Low self-esteem**
- **Feelings of hopelessness**
- **Uncontrollable or excessive crying**

If you identified with three or more of these symptoms you may be clinically depressed. It would be wise to seek a personal professional evaluation to determine if you are clinically depressed so you can get appropriate treatment. Depression can be caused by many different things. Sometimes stress builds up in our lives and overwhelms our ability to cope. You may have lost someone you love, had a baby, or been too busy for too long. Ongoing stress like coping on a low income, facing rising debt, or feeling lonely and isolated can lead to depression. Sometimes people get depressed for obvious reason--the heavy feelings just seem to come out of the blue. This sometimes happens when people come from families who seem more vulnerable to becoming depressed after relatively mild stress. No matter how you became depressed, the effect can be debilitating and will affect your everyday functioning and quality of life if left untreated.