Recognizing Depression

Everyone gets down from time to time, but sometimes it’s more than “the blues.” Depression is a real illness that can interfere with your daily life. Just like high blood pressure, diabetes, or arthritis, depression can be effectively treated with the help of your doctor or mental health professional.

Common symptoms of depression:

☐ Sad, anxious, or “empty” mood that does not go away

☐ Change in sleep – too much, too little, or hard to fall asleep or stay asleep

☐ Change in appetite or weight – up or down

☐ No longer interested in activities you used to enjoy

☐ Feeling restless or irritable

☐ Hard to concentrate, make decisions, or remember things

☐ Having little energy or feeling tired most days

☐ Feeling guilty, hopeless, or worthless

☐ Thoughts of suicide or death

If you are having thoughts of suicide or death, call 911 immediately.

If you experience five or more of these symptoms for two weeks or longer, you may have depression. See your doctor or mental health professional for help right away. It’s also important to connect to the people in your life who care about you and can give you support. Getting enough rest and exercising can help, too.

For more information about the services available to you, talk to your doctor or look for the Behavioral Health phone number on the back of your insurance card.

Adapted from “Recognizing Depression – It’s Essential for Your Potential.” Mental Health America, 2011.