



Signs of Depression

Examples of Depression Symptoms*

- Persistent sadness, emptiness, hopelessness, tearfulness
- Feelings of guilt, worthlessness, fixating on past mistakes
- Talking or moving slowly
- Appetite and/or weight changes
- Sleeping too much or insomnia
- Loss of interest in normal activities and hobbies
- Trouble thinking or concentrating
- Unexplained physical symptoms such as aches and pains or cramps
- Thoughts of suicide and death or suicide attempts

* *Depression looks different for everyone.
This is not an exhaustive list of symptoms.*

What is depression?

Depression is a mood disorder, also called major depressive disorder or clinical depression. Having depression can cause feelings of unrelenting sadness or disinterest in life as well as other physical and emotional issues. Depression is a common mental disorder that can be caused by a combination of genetic, biological, environmental, and psychological factors. Risk factors include: family history, major life changes, stress, past trauma, and certain illnesses and medications. Symptoms present differently in each individual and do require treatment. Most people find relief with treatment.

When to get help

If you feel depressed, make an appointment with your doctor or a mental health care provider as soon as possible. Depression can be treated with psychotherapy, medication or a combination of both. Seeking help sooner rather than later will help with the treatment of depression. No two people are affected the same way. Anyone can be affected by depression, even teens and young adults. *If you think you may hurt yourself, call 911.*

What to do

If you are feeling hesitant to seek treatment for depression, talking to a friend, family member, healthcare professional or faith leader can help. Other things to ease symptoms of depression are: set realistic goals for yourself, try to keep active, spend time with trusted friends or family, let others help you, and stay educated about depression and your symptoms.

- **National Suicide Prevention Lifeline**
1-800-273-TALK (1-800-273-8255),
press 1 for Veterans Crisis Line
- **National Alliance on Mental Health (NAMI)**
1-800-950-NAMI (1-800-950-6264)
Monday – Friday, 10 a.m. – 6 p.m., EST

If you know someone that is in danger of suicide or has made an attempt, make sure someone stays with them. Call 911 if you do not think you can safely take the person to the nearest emergency room.

References: [mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007](https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007)
[nimh.nih.gov/health/topics/depression/#part_145397](https://www.nimh.nih.gov/health/topics/depression/#part_145397)