



SYMPTOMS OF MAJOR DEPRESSION

If someone has at least **five** of the following symptoms, lasting for at least **two weeks**, he/she should seek help from a mental health professional:

- Persistent sad, anxious, or "empty" mood
- Loss of interest or pleasure in ordinary activities
- Declining school performance
- Feelings of hopelessness, pessimism, helplessness
- Feelings of guilt, worthlessness, shame
- Change in sleeping patterns
- Change in appetite or weight
- Decreased energy, fatigue, and feeling "slowed down"
- Restlessness and irritability, increased anger
- Decreased ability to concentrate, remember, or make decisions
- Physical symptoms, such as headaches or stomach disorders that do not respond to treatment and for which no physical cause can be found.
- Thoughts of death, suicide, or wishes to be dead
- Increased alcohol and/or drug use