

# TAKING CARE OF YOURSELF INCLUDES KNOWING THE SIGNS / SYMPTOMS OF DEPRESSION

- Persistent sad, anxious, or "empty" mood.
- Feelings of hopelessness, guilt, worthlessness, or helplessness.
- Irritability, restlessness, or having trouble sitting still.
- Loss of interest in once pleasurable activities, including sex.
- Decreased energy or fatigue.



# Over the last 2 weeks, how often have I been bothered by any of the following problems?

Not at all = 0; Several days = 1; More than half the days = 2; Nearly every day = 3

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3

## A FEW QUESTIONS TO ASK YOURSELF TO DETERMINE IF YOU'RE IN TROUBLE



Continued: (Over the last 2 weeks, how often have I been bothered by any of the following problems? )

Not at all = 0; Several days = 1; More than half the days = 2; Nearly every day = 3

	Not at all	Several days	More than half the days	Nearly every day
6. Feeling bad about yourself — or that you are a failure of have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

## A FEW QUESTIONS TO ASK YOURSELF TO DETERMINE IF YOU'RE IN TROUBLE



If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult  
at all

Somewhat  
difficult

Very  
difficult

Extremely  
difficult

**DISCUSSION QUESTION:** Depending on my score, what should be next steps for me to consider? What is assessment & referral?

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ASK YOURSELF TO  
DETERMINE IF YOU'RE  
IN TROUBLE**

