

# Depression Checklist

Depression has many symptoms. Talk with your healthcare provider if any of these describe you:

- Persistently sad or empty feeling
- Do not care about things you used to enjoy
- Change in appetite or weight (loss or gain)
- Sleep too much or too little, wake up early in the morning, or oversleep
- Have lost your interest in sex
- Feel guilty, not worth much, or helpless
- Restlessness or irritability
- Feel fatigued or do not have usual energy
- Cannot think or make up your mind or remember things
- Body aches and pains or stomach problems that don't go away
- Have thought about dying or killing yourself\*

\*If you are having thoughts of dying or killing yourself, you should talk with your provider immediately.

## **Why you should talk with your provider if you have symptoms of depression**

- Depression is a serious illness
- Depression can be treated; your provider can tell you more about this

*Show this checklist to your provider. Your provider can diagnose if you have depression.*

**Talk to your healthcare provider if you have symptoms of depression. Get the help you need.**

*(continued)*

# Understanding Depression

Most people feel moody or blue from time to time. These feelings most often go away within a few days. If these feelings continue or seem severe, talk with your healthcare provider for help.

## What Is Depression?

Depression is a real medical condition and can be serious. You may not feel like yourself. You have a deep feeling of sadness and lose interest in things you used to enjoy. You may have problems sleeping, working, or doing other daily activities.

Many things can contribute to depression. Out-of-balance brain chemicals may contribute to depression.

## Who Gets Depression?

Anyone can get depression. Depression tends to run in families. It also happens in women more than men. Depression can occur along with certain illnesses or medicines.

## What Can I Do If I Think I Have Depression?

Go see a provider if the sadness, loss of interest, or other symptoms of depression last for more than 2 weeks. Tell the provider how you feel. This helps the provider choose a plan for you.

## Get the Help You Need

Depression does not just go away. It is a real health problem. You cannot just “snap out” of depression. Take the first step toward getting the help you need and see a provider.



**Talk with your healthcare provider if you think you might have symptoms of depression.**

