

Depression Checklist

More than 15 million people in the United States experience a depressive illness each year, and only 1 in 3 seeks treatment. Eighty to ninety percent of those who suffer from depression can be effectively treated - but only after the condition has been diagnosed.

There are recognizable symptoms associated with depression, including feelings of worthlessness and guilt, loss of energy, persistent anxiety, a change in sleeping patterns and weight loss or gain. This checklist can help indicate if you or someone you know may be suffering from depression. Check all that apply.

- I do not enjoy the things that once gave me pleasure (i.e. job, hobbies, sports, friends, sex)
- My sleep patterns have changed, and I do not sleep enough or maybe too much
- I feel sad and/ or irritable
- I cannot concentrate, remember things or make decisions
- My appetite and/ or weight has changed
- My friends have noticed that I am restless or that my activity has decreased
- I am tired all the time and have no energy
- I feel guilty, hopeless or worthless
- I often think about death or have tried to commit suicide

To learn more about depression or for a consultation about depression, contact RESPOND at (423) 499-2300 or 1-800-542-9600.