

Could You Be Depressed?

Depression affects how you think, how you behave, your relationships, and your physical health. There are various levels of depression, but early diagnosis often allows for less treatment and quicker healing. If you believe that you or someone you care about is depressed, utilize the following checklist as an initial tool.



How You Think

- I'm worthless.
- Things never seem to get better.
- No one would miss me if I died.
- I am fearful and/or ashamed.
- I'm a failure.
- I wish I were dead.

How You Behave

- I cry for no reason and/or have other emotional outbursts.
- I am not able to enjoy myself or have fun, even when others around me are happy.
- I don't feel like being active or working out.
- I seem to miss more work lately and/or I am not very productive when I am there.
- I don't enjoy spending time with other people, even my own family.
- I don't seem to be able to get anything completed.

How You Relate

- I avoid other people more than usual.
- I feel lonely.
- I don't care much about other people, even when I really try.
- I feel that others don't want me around.

Could You Be Depressed?

How You Relate cont.

- Everybody annoys me.
- I don't feel like discussing anything with anyone, even my spouse or children.
- I just want to be left alone.

How You Feel Physically

- I don't enjoy eating much anymore.
- I often eat too much or rarely eat.
- I don't sleep well, either all the time or not at all.
- My stomach often hurts.
- I've developed high blood pressure without a clear cause.
- I have no energy.
- I've lost a lot of weight or gained a lot of weight recently.
- I get headaches and/or body aches without apparent cause.



If you have any of the symptoms from the first three lists, particularly if accompanied by any of the physical symptoms, contact your Employee Assistance Program today. You may not be diagnosed as "depressed", but the symptoms may indicate a need for intervention and treatment.