



Depression: Recognizing the Warning Signs

Depression is one of the more common mental illnesses seen by health professionals. It can affect people of all ages and backgrounds, including youth, and may run in families.

Depression is different from normal feelings of sadness, grief, or low energy. It is not a 'blue' mood that you can suddenly snap out of, or a sign of weakness. Depression is a chronic illness, and it's treatable.

People who are depressed may: lose interest in things they have enjoyed in the past; think and speak more slowly than normal; have trouble concentrating, remembering, and making decisions; have changes in their eating and sleeping habits; be preoccupied with death and/or suicide; have feelings of guilt, worthlessness, or hopelessness.

What You Can Do: Self-screening for depression

Circle the answers that are true for you:

1. During the past two weeks, for more days than not, have you felt down, hopeless or a deep sense of sadness, guilt or worthlessness?	YES	NO
2. During the past two weeks, have you felt little interest or pleasure in doing things that normally make you feel good/happy?	YES	NO

If you answered "yes" to either of the above questions, please answer the following questions:


1. Has your usual sleep pattern changed where you're sleeping too much, too little, waking up during the night or earlier than usual?	YES	NO
2. Has your appetite changed?	YES	NO
3. Are you restless, irritable or easily angered?	YES	NO
4. Do you have difficulty concentrating, remembering or making decisions?	YES	NO
5. Are you tired, feeling less energy?	YES	NO
6. Have you thought of suicide or death?	YES	NO
7. Do you have unexplained headaches, stomachaches or sexual problems?	YES	NO

A "yes" answer to either of the first two questions indicates the need for further screening for depression. At least one "yes" answer to the additional questions indicates a need for a qualified health professional evaluation for clinical depression.

Keep in mind that this is only a screening tool. Only a healthcare professional can diagnose depression. Regardless of the results of this self-test, talk with a healthcare professional if you have immediate concerns.

To learn more about the signs and symptoms of depression, contact your Employee Assistance Program via the web or toll free number listed below.

 www.apsheplink.com

 1-866-598-3978

 Company Code: UW

