

Depression Checklist

Each year more than 19 million Americans suffer from clinical depression. It strikes men, women, and children of all races and socio-economic groups, causing them to lose motivation, energy, and the pleasure of everyday life. Clinical depression often goes untreated because people don't recognize its symptoms. The good news is that almost everyone who gets treated can feel better soon.

Here is a checklist of ten symptoms of clinical depression:

- A persistent sad, anxious, or "empty" mood
 - Sleeping too little or sleeping too much
 - Reduced appetite and weight loss or increased appetite and weight gain
 - Loss of interest or pleasure in activities once enjoyed
 - Restlessness or irritability
 - Persistent physical symptoms that don't respond to treatment (such as headaches, chronic pain, or constipation and other digestive disorders)
 - Difficulty concentrating, remembering, or making decisions
 - Fatigue or loss of energy
 - Feeling guilty, hopeless, or worthless
 - Thoughts of death or suicide
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If you experience five or more of these symptoms for longer than two weeks, or if the symptoms are severe enough to interfere with your daily routine, see your doctor or a qualified mental health professional.

For more information on depression, or for a confidential and professional depression screening, please call us:

Indiana

If you are in crisis call toll-free:
800.344.8802
888-983-8000 (East Indiana)

To make a routine appointment or for more information on programs, call:
Toll Free 800.344.8802 or
888-983-8000 (East Indiana)

Tennessee

If you are in crisis, call toll-free:
800.681.7444

To make a routine appointment or for more information on programs, call:
Toll-free 888.291.HELP (4357)
Nashville 615.460.HELP (4357)