

DEPRESSION: KNOW THE SYMPTOMS AND SEE A DOCTOR.

Depression is one of the most misdiagnosed and misunderstood illnesses today. Listed below are many of the symptoms of depression. A person might have only a couple of these symptoms or could have several. Everyone is different, and there is no set number of symptoms signaling depression. But if any of these become bothersome or interfere with life, help is needed. A medical exam is necessary for a correct diagnosis, so the first step is to see a doctor.

If you or someone you know experiences several of these symptoms for two or more weeks, help is needed.

- Feeling sad, empty or numb.
- Sleeping a lot or having trouble sleeping.
- Feeling tired all the time; repeatedly falling asleep in class.
- Feeling hopeless, helpless, worthless or guilty.
- Feeling angry or moody, crying easily, chronic worrying, panic attacks.
- Avoiding friends; feeling alone even when with friends.*
- Irritability with friends and family.*
- Loss of interest in things that used to be fun.
- Difficulty concentrating or doing schoolwork.
- Difficulty remembering things or making decisions.
- Changing in eating habits.*
- Recurring headaches, backaches or stomachaches.
- Alcohol or drug use to escape or mask feelings.
- Thinking about, planning, or attempting suicide.
- Starting to read books, watch movies or listen to music with depressing or suicidal themes.

* These depression symptoms are sometimes more common in young people.



"Everything irritates me. I sleep most of the time just so I don't have to deal with anyone."

WARNING SIGNS OF SUICIDE

These signs may mean someone is at risk for suicide. The risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

These warning signs were derived based on an expert panel review, 12/10/2010

OTHER SIGNS YOU MAY SEE.

- Visiting or calling people to say goodbye.
- Giving things away or returning borrowed items.
- Organizing or cleaning bedroom or locker "for the last time."
- Previous suicide attempts.

VERBAL CLUES.

- "I shouldn't be here."
- "I'm going to run away."
- "I wish I were dead."
- "I'm going to kill myself."
- "I wish I could disappear forever."
- "If a person did this...(mentions a specific act), would he die?"
- "The voices tell me to kill myself."
- "Maybe if I died, people would love me more."
- "I want to see what it feels like to die."

Seek help by contacting a mental health provider or calling the National Suicide Prevention Lifeline at 1-800-273-8255 for a referral should you witness, hear, or see anyone exhibiting any one or more of these behaviors.