

Feel sad	Feel tired a lot	Can't get to sleep	Not eating
Nothing is fun anymore	Wish I was dead	Feel guilty and blame myself for things	Problems with friends
Can't think clearly	Don't want to see people	Wake up early and can't get back to sleep	Feel bored
Problems at home	Sleep too much	Feel irritable	Feel restless and on edge
Feel bad about myself	Can't get going	Eat too much	Difficulties at school
Wake up during the night	Feel hopeless	Forgetful	Feel I have let other people down