

*What is depression and what can be done about it?*

**Symptoms of depression:**

- Feeling low or sad a lot of the time
- Not enjoying things you used to enjoy
- Often feeling irritable or angry
- Trouble sleeping or sleeping too much
- Feeling worthless or no good
- Feeling very tired, having no energy
- Experiencing a big change in weight
- Feeling overly guilty
- Having no appetite or eating much more than usual
- Being unable to make decisions
- Being unable to concentrate or think straight
- Feeling restless or agitated
- Being much slower in your actions and when moving around
- Feeling hopeless about the future
- Having thoughts about death
- Having thoughts about hurting yourself
- Having thoughts about suicide

Do you experience any of these symptoms?

**Your total =**