

What is depression and what can be done about it?

My mood summary

(Circle the answers that apply to you)

Do I have one or both of the first two symptoms?

Yes, I have both (low mood and loss of interest)

I have one of these _____

No, I don't have either of these

Total number of my depression symptoms _____

Is this total at least five?

Yes

No

How long have I felt like this?

Am I Depressed and What Can I Do About It?

Has it been at least two weeks?

Yes

No

Do I feel like this and have these symptoms most of the time?

Most of the time

About half the time

Less than half the time

It comes and goes

How much does it mess things up for me in my life?

A lot!

A bit

Not much