

# SIGNS AND SYMPTOMS OF DEPRESSION

## A Frank Discussion about Depression

Following are some of the symptoms of depression. Most people with depression experience some of these, but not necessarily all of them. If any of these symptoms last for two or more weeks, a consultation with a mental health professional is a good idea.

- > Sadness
- > Feelings of extreme guilt
- > Suicidal ideas
- > Insomnia
- > Diminished interest in activities
- > Difficulty concentrating
- > Anxiety
- > Appetite changes
- > Weight changes
- > Social withdrawal
- > Indecisiveness
- > Decreased sexual interest
- > Mood swings
- > Distorted thinking
- > Low self-esteem
- > Feelings of hopelessness
- > Exhaustion
- > Feelings of helplessness
- > Agitation
- > Irritability
- > Inability to sleep

**Together, all the way.®**



This material is provided by Cigna for informational/educational purposes only. It is not intended as medical/clinical advice. Only a health care professional can make a diagnosis or recommend a treatment plan. For more information about your behavioral health coverage, you can call the customer service or the behavioral health telephone number listed on your health care identification card.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

Use and distribution limited solely to authorized personnel. 832802 b 12/15 © 2015 Cigna