

Recognizing Depression

Everyone gets down from time to time, but sometimes it's more than "the blues." Depression is a real illness that can interfere with your daily life. Just like high blood pressure, diabetes, or arthritis, depression can be effectively treated with the help of your doctor or mental health professional.



Common symptoms of depression:

- Sad, anxious, or "empty" mood that does not go away
- Change in sleep – too much, too little, or hard to fall asleep or stay asleep
- Change in appetite or weight – up or down
- No longer interested in activities you used to enjoy
- Feel restless or irritable
- Hard to concentrate, make decisions, or remember things
- Have little energy or feel tired most days
- Feel guilty, hopeless, or worthless
- Thoughts of suicide or death

If you are having thoughts of suicide or death, call 911 immediately.

If you experience some or all of these symptoms you may have depression. Talk to your doctor or mental health professional for help.

It may also help if you:

- Connect to the people in your life who care about you and can give you support.
- Get enough rest and exercise.
- Follow a healthy diet.
- Take your medicines correctly.
- Look for activities that make you happy.
- Keep a tracking log of your mood and note changes (see attached Mood Diary).
- Avoid alcohol and illegal drugs. These can make depression worse over time. They may also get in the way of your judgement about suicide.
- For more information about the services available to you, talk to your doctor or look for the Behavioral Health phone number on the back of your insurance card.

Mood Diary

Day & Time	Mood / Emotion Rate intensity of emotion 0-100 %	Comments Example: What was happening, where, who with? What went through your mind (thoughts, images)? What were you doing just before and/or after you felt this way?