

# Do you have symptoms of depression?

**Depression is a serious illness** that interferes with daily life and normal functioning. Most people who have it need treatment to get better. Fortunately, depression is very treatable. Its symptoms vary from one person to the next. The symptoms of depression include:

- persistent sad, anxious, or “empty” moods
- feelings of hopelessness or pessimism
- feelings of guilt, worthlessness, or helplessness
- loss of interest or pleasure in activities you once enjoyed, including sex
- sleep difficulties, such as trouble falling asleep, staying asleep, or excessive sleeping
- eating too much or too little
- fatigue or lack of energy
- restlessness or irritability
- thoughts of death or suicide, or suicide attempts
- difficulty concentrating, remembering, or making decisions
- persistent physical symptoms that don’t respond to treatment, such as headaches, digestive disorders, and chronic pain

If you think you may be suffering from depression, try to see a professional as soon as possible. Most people with depression can be helped with treatment. Start by talking with your doctor or a therapist. Your EAP can also provide help and support. You don’t have to suffer and you are not alone.

