

# Common Symptoms of Depression

Everyone feels sad sometimes. But if it lasts a long time, or a person loses interest or pleasure in things, it may be depression.

Ask your doctor about a simple test for depression if over the past 2 weeks you have often been bothered by:

- Little interest or pleasure in things.
- Feeling down, depressed, or hopeless.
- Sleep problems (too much or too little).
- Fatigue, no energy.
- Appetite problems.
- Feeling bad about yourself, that you're a failure or are letting people down.
- Trouble concentrating.
- Feeling slowed down (or speeded up).
- Unexplained physical problems that won't go away (headaches, stomachaches, chronic pain).
- Thoughts about dying or hurting yourself.

**Depression. It's treatable. Talk to your doctor.**

For help 24 hours a day, call 1-800-LifeNet  
(1-800-543-3638) or call 311 and ask for LifeNet.

See other side for tips on handling depression