

Depression Self-Test

Do you feel that life is just too much to handle?

Do you feel anxious for no reason?

Do you have days when you hate to get up in the morning?

Have you been crying a lot lately?

Do you feel isolated or empty?

Have you experienced a loss of energy?

It is possible that you are suffering from a treatable illness known as a depression. Go through the statements below and check your symptoms, because if you are depressed there is quick, confidential and effective treatment available to you.

- I feel depressed and blue
- I have lost interest in things that have always brought me pleasure
- I am not sleeping as well as I used to
- I have lost/gained weight recently without trying
- I have no energy; I am always tired
- I feel worthless; no one needs me
- I find it very hard to think or concentrate
- I often think of death or dying
- I do not feel good even when good things happen
- Have a poor appetite or I overeat
- I feel no one would miss me if I were gone
- I don't feel there is much hope for me

If you agree with three or more of the 12 statements, you are probably suffering from depression. Depression is not a phase or a “blue mood” that you’re going through. Depression is a whole-body illness. It affects your total person—your mood, thoughts, behavior and body. Like other illnesses, there are many forms of depression, but depression is a treatable illness. Left untreated, depression can be as disabling as other illnesses like diabetes, high blood pressure or arthritis.

There are many causes of depression. It can suddenly appear in individuals that have no history of depression in the family background, or it may appear in individuals with a family history of depression. The important thing that is depression is a treatable illness and treatment is available.

Archbold Northside Center for Behavioral and Psychiatric Care specializes in the treatment of depression—regardless of its cause. If you or someone you love is suffering from depression, please call our 24-hour HELpline at 1.800.238.8661. The call is free and confidential.



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