

SYMPTOM **+3**

You have no ability to imagine or conceive of your life even a few days ahead – no plans, no hopes. You can't even be sure you'll still be here.

Move up 3 spaces on Severity Scale

Symptom Info

Almost 1 million people commit suicide each year.



SYMPTOM **+4**

Your friends shut down your feelings after you confide in them. Now you feel even worse.

Move up 4 spaces on Severity Scale

Symptom Info

"I attempted to turn to my friends. I told them about the things I was going through, the terrible depression, the anxiety, the horrid thoughts I had about how easy it would be to just end my life. I thought if I opened up to these people that I would at least have some support. They accused me of trying to get attention and lying." -Isaac



SYMPTOM **+2**

Going out with friends used to be fun for you. Now you avoid seeing them most of the time.

Move up 2 spaces on Severity Scale

Symptom Info

Depression causes many people to withdraw from close family and friends even though they really don't want to.



SYMPTOM **0**

Some days your depression does not effect you as harshly. You make it through the day without feeling down.

Do not move on Severity Scale.

Symptom Info

Mild depression is often referred to as dysthymic depression. The symptoms are not as severe as those that are often associated with major depression, but they still may require treatment, therapy, and possibly medication.



