

# SYMPTOM

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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.*

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## 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. With dysthymia or dysthymic depression, the sufferer may experience infrequent or recurrent episodes of depression.

# SYMPTOM

0

It's a sunny day and you're in a good mood and do not have any bad symptoms today.

*Do not move on Severity Scale.*

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## Symptom Info

Also known as seasonal depression or simply, SAD, this type of depression is a form of major depression that fluctuates with the seasons. It most often includes a depressive period in the fall and winter months.

# SYMPTOM

0

Lately, you have been working hard on keeping positive and it seems to be helping.

*Do not move on Severity Scale.*

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## Symptom Info

Remember that positive thinking will replace negative thoughts as your depression responds to treatment.

# SYMPTOM

0

You got a good workout in today and feel good for now.

*Do not move on Severity Scale.*

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## Symptoms Info

Try to be active and exercise. Go to a movie, play a sport, or another event or activity that you once enjoyed.

# SYMPTOM

0

You reach out to your best friend about why you are always sad it makes you feel a lot better.

*Do not move on Severity Scale.*

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## Symptom Info

Try to spend time with other people and confide in a trusted friend or relative. Try not to isolate yourself, and let others help you.

# SYMPTOM

0

You have been sleeping better lately so you feel more refreshed and your mood is improving.

*Do not move on Severity Scale.*

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## Symptom Info

Expect your mood to improve gradually, not immediately. Do not expect to suddenly "snap out of" your depression. Often during treatment for depression, sleep and appetite will begin to improve before your depressed mood lifts.

# SYMPTOM

+2

You reach out to a family member but they dismiss your depression. Now your depression is even worse.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

"I got up enough courage to talk to my grandmother and tell her that I wanted to see a therapist. The first thing that came out of her mouth was "Why would you want to talk to a therapist you have a good life." This made me feel even worse and made me second-guess myself."

-Melissa, [BringChangeToMind.org](http://BringChangeToMind.org)

# SYMPTOM

**+2**

This bad weather really has put you down and you don't get out of bed all day. You miss a very important exam at school.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

Also known as seasonal depression or simply, SAD, this type of depression is a form of major depression that fluctuates with the seasons. It most often includes a depressive period in the fall and winter months.



# SYMPTOM

**+2**

Lately you have been sleeping more than normal. You think if you feel sad why not stay in bed.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

Maintenance insomnia is very common with depression. Is there too much sleep (hypersomnia)? Sometimes depressed people sleep from 10 to 12 to 14 hours a day.

# SYMPTOM

+2

You get frequent headaches and have lots of aches even after seeing a doctor.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

Aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment can be caused by depression.

# SYMPTOM

+2

You have been getting bullied physically and emotionally at school for having better grades than others in class.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

"While my parents thought I had joined wrestling and football, I had actually been sent to the hospital multiple times for the beatings I had received from other students telling me to "stop making everyone else look bad."

-Isaac, [BringChangeToMind.org](http://BringChangeToMind.org)

# SYMPTOM

+2

Feelings of guilt, worthlessness, or helplessness.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

Two-thirds of those who are depressed never seek treatment and suffer needlessly.

# SYMPTOM

+2

You secretly see a doctor but cannot receive proper medication because you don't want to tell your family how you're feeling.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

"I didn't tell my parents about what I was going through because I never wanted to worry them, so when the doctor diagnosed me with severe chronic depression and anxiety I had to turn down the medication he prescribed or I would have had to tell my parents."

-Isaac, [BringChangeToMind.org](http://BringChangeToMind.org)

# SYMPTOM

+2

Things are getting worse and you feel like giving everything up.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

About 25 million Americans will have an episode of major depression this year alone, but only one-half receive treatment. Without treatment, the frequency and severity of these symptoms tend to increase over time.

# SYMPTOM

+2

Your biggest fear is what people will think about you if they find out you're depressed. So you say nothing.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

Families are also affected by stigma, leading to a lack of support. For mental health professionals, stigma means that patients themselves are seen as abnormal, corrupt or evil, and psychiatric treatments are often viewed with suspicion and horror.

# SYMPTOM

+3

You have been thinking a lot lately about suicide but have not told anyone how you feel.

*Move up 3 spaces on Severity Scale*

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## Symptom Info

"When in college 14 years ago, Farnsworth almost died by suicide, But his roommate found him in time, and that's where everything changed. He went to college, got a degree and now owns two businesses. He thanks his family and those around him for helping him rise above depression."



# 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*

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## **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*

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## 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*

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## Symptom Info

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

# SYMPTOM

+2

For a few days you are constantly restless and irritable.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

Thirty-four percent of people living with depression reported that first experienced symptoms of depression before age 18.

# SYMPTOM

+2

For a few weeks now you have noticed that your energy level is really low and you always feel tired.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

Depression may cause you to feel very fatigued for long periods of time.

# SYMPTOM

+2

You are having lots of anxious feelings lately and have been masking them with alcohol.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

Depression in adolescence frequently co-occurs with other disorders such as anxiety, disruptive behavior, eating disorders, or substance abuse. It can also lead to increased risk for suicide.

# SYMPTOM

+2

You are have not slept in days and it's becoming a trend.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

Depression may cause you to experience insomnia, early-morning wakefulness, or excessive sleeping.

# SYMPTOM

+2

Food has been an afterthought for you lately and you have lost a significant amount of weight.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

Although depression may occur only one time during your life, usually people have multiple episodes of depression. During these episodes, symptoms occur most of the day, nearly every day and may include changes in appetite — often reduced appetite and weight loss.



# SYMPTOM

+2

Lately you are not going out of the house, and avoiding normal day to day tasks because of it.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

Ninety-one percent would want to know if a family member or friend was diagnosed with depression and 72 percent of people with the illness are willing to tell them.

# SYMPTOM

**+2**

You are having difficulty concentrating, remembering details, and making decisions.

*Move up 2 spaces on Severity Scale*

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## Symptom Info

Twenty-four percent of people living with depression reported that they first received psychotherapy or counseling before age 18; 21 percent between ages 19-29; and 18 percent between the ages of 30-39.