

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

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



SYMPTOM +2

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

Move up 2 spaces on Severity Scale

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

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

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

Symptom Info

Almost 1 million people commit suicide each year.



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.



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.

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.

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.

Symptoms Info

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



