

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

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

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

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



SYMPTOM **+2**

Feelings of guilt, worthlessness, or helplessness.

Move up 2 spaces on Severity Scale

Symptom Info

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



