

SYMPTOM


0

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

*Do not move on Severity Scale.*

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


+4

For a few days you are constantly restless and irritable.

*Move up 4 spaces on Severity Scale*

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*

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*

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

*Move up 2 spaces on Severity Scale*

Symptom Info

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



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*

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*

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.



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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.



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

