

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.

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.

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

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



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

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.



