

SYMPTOM **+2**

You are 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**

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

Move up 2 spaces on Severity Scale

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

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.



