

## 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.



## 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

+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.



## 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



