

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.



