

## Signs That May Indicate Depression or “Feeling Bad”

- ❖ Crying or tearful for no apparent reason
- ❖ Unable to enjoy life, lack of pleasure in things once enjoyed
- ❖ Feelings of helplessness or hopelessness
- ❖ Unable to laugh
- ❖ Thoughts of hurting self or ending your life
- ❖ Lack of energy
- ❖ A negative or pessimistic outlook on life
- ❖ Difficulty in making decisions
- ❖ Unable to concentrate
- ❖ Excessive, decreased, or inability to sleep
- ❖ Withdrawal from social activities and family/friends
- ❖ Diminished sexual drive
- ❖ Inappropriate feelings of guilt
- ❖ Feelings of loneliness and despair
- ❖ A general sadness that will not go away
- ❖ Weight loss or gain
- ❖ Physical symptoms that linger with no organic basis