

Seven Signs of Depression

Depression is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.

To be diagnosed with depression, the symptoms must be present for at least two weeks. Since depression is one of the most common mental illnesses, it's important to know the warning signs so you can recognize depression in yourself or a loved one. Signs of depression may include:

- 1) Persistent feelings of sadness, irritability, or emptiness.
- 2) Loss of interest or pleasure in hobbies and daily activities.
- 3) Difficulty sleeping, waking up early, or oversleeping.
- 4) Noticeable changes in appetite or weight.
- 5) Complaints of physical aches or pains without a clear physical cause.
- 6) Decreased energy or fatigue or moving and talking more slowly.
- 7) Thoughts of death or suicide, or an attempt to commit suicide.



If you or a loved one is suffering from depression, call our 24-Hour Helpline at 1.800.928.8000. We can help.