

Signs & Symptoms of Depression

Depression is a physical illness of the brain that affects the entire body. Recognizing these symptoms and getting treatment early, can help prevent suicide. If you or someone you care about has experienced three or more of these symptoms and they have persisted for two to three weeks or longer, see your doctor. The only exception is suicidal thoughts or attempts – those are an emergency – seek help immediately!

Cognitive – it affects the way you think...

- Difficulty concentrating, remembering or making decisions
- Thinking about and/or planning suicide

Emotional – it affects the way you feel...

- Persistently feeling sad, empty or numb; crying easily
- Feeling angry, irritable or moody; fighting and arguing a lot
- Feeling hopeless, helpless, worthless or guilty; pessimism
- Feeling alienated or outcast; alone even when with friends

Physical – it affects the way your body functions...

- Loss of energy, fatigued
- Sleeping more or less than usual; trouble sleeping
- Eating more or less than usual
- Recurring headaches, backaches or stomachaches

Behavioral – it affects the way you act...

- Avoiding friends, withdrawal
- Alcohol or drug use to escape or mask feelings
- Loss of interest in things that used to be fun; isolating
- Attempting suicide



**For screening see your doctor or therapist.
For suicidal thoughts call 1-800-273-TALK**

Yellow Ribbon Suicide Prevention Program in MN