



Symptoms of clinical depression

- ❑ Persistent sad, anxious or “empty” mood
- ❑ Feelings of hopelessness, pessimism
- ❑ Feelings of guilt, worthlessness, helplessness
- ❑ Loss of interest or pleasure in hobbies and activities
- ❑ Decreased energy, fatigue, being “slowed down”
- ❑ Difficulty concentrating, remembering, making decisions
- ❑ Difficulty sleeping, early-morning awakening or oversleeping
- ❑ Appetite and/or weight changes
- ❑ Thoughts of death or suicide, suicide attempts
- ❑ Restlessness, irritability
- ❑ Persistent physical symptoms