



## SYMPTOMS

- Persistent sad, anxious or “empty” mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt or worthlessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering or making decisions
- Difficulty sleeping, early-morning awakening or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Persistent physical symptoms

## SUPPORTING THOSE WITH DEPRESSION

- Offer emotional support, understanding, patience and encouragement.
- Talk to him or her, and listen carefully.
- Never dismiss feelings, but point out realities and offer hope.
- Never ignore comments about suicide and report them to your loved one’s therapist or doctor.
- Invite your loved one out for walks, outing and other activities. Keep inviting but don’t push them to take on too much too soon.
- Provide assistance in getting to doctors’ appointments.
- Remind them that depression will lift with time.

FOR MORE INFORMATION ON TREATMENT, SYMPTOMS AND HOW TO HELP, VISIT:

[https://www.nimh.nih.gov/health/topics/depression/index.shtml#part\\_145398](https://www.nimh.nih.gov/health/topics/depression/index.shtml#part_145398)

<http://www.webmd.com/depression/#>

<https://www.nami.org/Learn-More/Mental-Health-Conditions/Depression>