

## WARNING SIGNS FOR DEPRESSION

(Look for a change from the person's previous functioning.)

PHYSICAL COMPLAINTS	DIFFERENT FEELINGS	CHANGES IN BEHAVIOR AND/OR ATTITUDE
sleep disturbance (too much, too little, interrupted, or just different)	feeling empty	general slowing down (speech, motor skills, thought processes)
lack of energy	unable to enjoy anything	neglect of responsibilities (failure to return telephone calls, failure to meet deadlines at work, not opening or responding to mail, missing meetings or appointments)
loss of appetite or increased appetite	hopelessness	neglect of appearance
weight gain or loss	loss of sexual desire	poor memory
unexplained headaches or backaches	loss of warm feelings for family or friends	poor concentration
stomachaches, indigestion or changes in bowel habits	feelings of self-blame or guilt	loss of previous motivation
	loss of self-esteem	withdrawal from others
	suicidal thoughts or wishing to be dead	strained relationships
	deep sadness	irritability, "short fuse"
	anxiety	increased substance use/abuse
	restlessness	talk of suicide or death or suicidal actions
	irritability, loss of patience	

Remember, we all "do" depression differently. Look for changes in behavior.