**Depression Checklist**

It's normal to feel some of the following [symptoms](https://www.save.org/index.cfm?fuseaction=home.viewPage&page_ID=A806E240-95E6-44BB-C2D6C47399E9EFDB) from time to time, but experiencing **several** or more for more than **two or three weeks** may indicate the presence of depression or another depressive illness. Remember, you must seek a professional for an accurate diagnosis of depression. This checklist is provided only as a tool to help you talk with your doctor or treatment provider about your concerns and develop an action plan for successful recovery.

**Please note:** Other illnesses and certain medications can cause symptoms that mimic the symptoms of depression. A complete medical examination should be performed to rule out the presence of other medical conditions potentially causing depressive symptoms.

* I feel sad.
* I feel like crying a lot.
* I'm bored.
* I feel alone.
* I don't really feel sad, just "empty".
* I don't have confidence in myself.
* I don't like myself.
* I often feel scared, but I don't know why.
* I feel mad, like I could just explode!
* I feel guilty.
* I can't concentrate.
* I have a hard time remembering things.
* I don't want to make decisions - it's too much work.
* I feel like I'm in a fog.
* I'm so tired, no matter how much I sleep.
* I'm frustrated with everything and everybody.
* I don’t have fun anymore.
* I feel helpless.
* I'm always getting into trouble.
* I'm restless and jittery. I can’t sit still.
* I feel nervous.
* I feel disorganized, like my head is spinning.
* I feel self-conscious.
* I can't think straight. My brain doesn't seem to work.
* I feel ugly.
* I don’t feel like talking anymore - I just don’t have anything to say.
* I feel my life has no direction.
* I feel life isn’t worth living.
* I consume alcohol/take drugs regularly.
* My whole body feels slowed down - my speech, my walk, and my movements.
* I don't want to go out with friends anymore.
* I don't feel like taking care of my appearance.
* Occasionally, my heart pounds, I can't catch my breath, and I feel tingly.
* My vision feels strange and I feel I might pass out. The feeling passes in seconds, but I'm afraid it will happen again.
* Sometimes I feel like I'm losing it.
* I feel "different" from everyone else.
* I smile, but inside I'm miserable.
* I have difficulty falling asleep or I awaken between 1 A.M. and 5 A.M. and then I can't get back to sleep.
* My appetite has diminished - food tastes so bland.
* My appetite has increased - I feel I could eat all the time.
* My weight has increased/decreased.
* I have headaches.
* I have stomachaches.
* My arms and legs hurt.
* I feel nauseous.
* I'm dizzy.
* Sometimes my vision seems blurred or slow.
* I'm clumsy.
* My neck hurts.

If you think you may be suffering from depression, please tell a trusted adult!

At NDA see the personal counselor Mrs. Taylor or Mrs. Hildreth.

From www.save.org