

SYMPTOMS OF MAJOR DEPRESSION

Not all people with depression will have all these symptoms or have them to the same degree.

If a person has four or more of these symptoms, if nothing can make them go away, and if they last more than two weeks, a doctor or psychiatrist should be consulted.

- Persistent sad or "empty" mood.
- Feeling hopeless, helpless, worthless, pessimistic and or guilty .
- Substance abuse.
- Fatigue or loss of interest in ordinary activities, including sex.
- Disturbances in eating and sleeping patterns.
- Irritability, increased crying, anxiety and panic attacks.
- Difficulty concentrating, remembering or making decisions.
- Thoughts of suicide; suicide plans or attempts.
- Persistent physical symptoms or pains that do not respond to treatment.

DANGER SIGNS OF SUICIDE

- Talking about suicide.
- Statements about hopelessness, helplessness, or worthlessness.
- Preoccupation with death.
- Suddenly happier, calmer.
- Loss of interest in things one cares about.
- Visiting or calling people one cares about.
- Making arrangements; setting one's affairs in order.
- Giving things away.
- Feels alone.
- God has turned on them and had lost their faith.

A suicidal person urgently needs to see a doctor or psychiatrist.