

# Symptoms of Depression Checklist

Wondering if you have depression? If the below statements seem familiar to you, you may be experiencing a depressive episode, especially if symptoms last for two weeks or more.

- I feel sad, hopeless, guilty, or anxious.
- I have lost interest in hobbies, family, friends, or other things I once enjoyed.
- I believe I am unlikeable, inadequate, or worthless.
- I am tired, drained, or generally low in energy.
- I have noticed changes in my sleeping patterns.
- I have noticed changes in my eating habits.
- I cannot think clearly or I easily lose concentration, even when performing routine tasks.
- I experience unexplained physical aches and pains.
- I depend on alcohol or drugs to feel better or to get through the day.
- I have thoughts of death or suicide, or I have attempted suicide.

If you think you may be experiencing depression, it's important to reach out for help as soon as possible.

*If you are having recurring thoughts of death or suicide, or have attempted suicide, please seek immediate treatment by phoning 112 or going to your local Accident and Emergency department.*

*Vive Counselling & Psychotherapy*

JAYNE LEONARD, COUNSELLOR & PSYCHOTHERAPIST

Ennis & Limerick | [www.ViveCounselling.com](http://www.ViveCounselling.com) | 086 784 2555