

DEPRESSION

Nearly everyone suffering from depression has pervasive **feelings of sadness**. In addition, depressed people may feel **helpless, hopeless, and irritable**. You should seek professional help if you or someone you know has four or more of the following symptoms continually for more than two weeks.

Noticeable **change of appetite**, with either significant weight loss not attributable to dieting or weight gain

Noticeable **change in sleeping patterns**, such as fitful sleep, inability to sleep, early morning awakening or sleeping too much

Loss of interest and pleasure in activities formerly enjoyed

Lost of energy, **fatigue**

Feelings of **worthlessness**

Persistent feelings of **hopelessness**

Feelings of inappropriate **guilt**

Inability to concentrate or think--indecisiveness

Recurring **thoughts of death or suicide**, wishing to die, or attempting suicide

Melancholia (defined as overwhelming feelings of sadness and grief), accompanied by waking at least two hours earlier than normal in the morning, feeling more depressed in the morning, and moving significantly more slowly.

Disturbed thinking, a symptom developed by some severely depressed person. For example, severely depressed people sometimes have beliefs not based in reality about physical disease, sinfulness or poverty.

Physical symptoms, such as headaches or stomachaches.