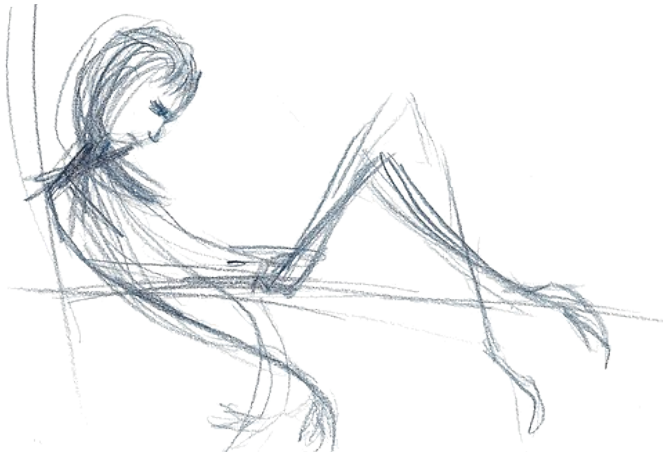


How to Recognize Symptoms of Depression



There are many types of depression and one size does not fit all! Over 20 million adults have been diagnosed depression and have received some type of treatment for their symptoms. Research shows the best treatment includes Cognitive Behavioral Therapy (CBT) to change destructive thoughts.

With so many types of depression, it's important to know the range of symptoms. Here is a very large checklist. If you experience 3 or more of these symptoms, *and they create negative consequences in your daily life* talk to a mental health professional and your physician.

- Increase or decrease in typical eating patterns
- Increase or decrease in typical sleeping patterns
- Extreme fatigue and loss of energy without any known stressors or physical symptoms
- Difficulty staying focused or making decisions
- Feelings of worthlessness, low self-esteem or extreme guilt
- Significant impairment in performance at work or school
- Long term difficulty in marriage or difficulty maintaining healthy relationships
- Consistent agitation, irritation, and frustration
- Hearing voices when there is not one there
- Seeing things happen that no one else sees
- General feeling of unhappiness or chronic dissatisfaction

With over 10 different types of depression, all ranging in severity, the above list is only a broad sampling of symptoms one can experience. And, just as there are many types of depression, there are even more treatments available, depending on the type of depression occurring.

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Next Steps

Don't ignore prolonged symptoms.

Talk to your Physician.

Talk to a Mental Health Professional.

ichoosechange

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