DEPRESSION IS A SYSTEMIC ILLNESS…

EMOTIONAL

* Depressed mood
* Hopelessness
* Low self esteem
* Impaired memory
* Difficulty concentrating
* Anxiety, panic, fear
* Preoccupation with negative thoughts
* Finding little or no pleasure in life –hobbies
* Guilty
* Crying a lot for no particular reason
* Withdrawing from other people
* Easily angry and irritated
* Racing thoughts
* Hearing voices or seeing images that others do not see
* Believe others are plotting against you
* Wanting to harm yourself or someone else

PHYSICAL

* Headache
* Low energy
* Too much energy
* Fatigue
* Disturbed sleep
* Dizziness
* Chest pain
* Vague joint/limb pain
* Vague back/abdominal pain
* GI complications (nausea, vomiting, constipation, diarrhea, gas)
* Sexual dysfunction/apathy
* Menstrual problems

SIGNS OF SUICIDE

* Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
* Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
* Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
* Feeling hopeless
* Feeling rage or uncontrolled anger or seeking revenge
* Acting reckless or engaging in risky activities - seemingly without thinking
* Feeling trapped - like there's no way out
* Increasing alcohol or drug use
* Withdrawing from friends, family, and society
* Feeling anxious, agitated, or unable to sleep or sleeping all the time
* Experiencing dramatic mood changes
* Seeing no reason for living or having no sense of purpose in life