

# MORE THAN A MOOD

## Watch for warning signs of depression

### Diagnosing depression

If you're concerned about depression, talking with your doctor is a good first step. Your doctor might ask questions about your symptoms and discuss any family history of depression or mental illness. Labels may help rule out other conditions that could be affecting your mood.<sup>1</sup>

The following questions can help uncover symptoms of depression.<sup>1</sup>

- Do you feel sad most of the day or almost every day?
- Have you lost interest in your favorite hobbies and activities?
- Have you had a change in appetite or significantly gained or lost weight?

- Are you sleeping too much or unable to sleep?
- Do you lack energy and motivation almost every day?
- Do you feel hopeless, or helpless or guilty almost every day?
- Do you have problems with concentrating, making decisions or remembering?
- Do you have recurring thoughts of death or suicide?

### Let's talk

There's no need to suffer in silence or hide your feelings. Reaching out to see a professional can make a big difference. For example, you might say: "I don't feel like myself lately, and I wonder if it could be depression or something else. I'd like to talk with a doctor about it."