

IS DEPRESSION AFFECTING ME?

Warning signs checklist

1. Screening questions

a) During the last month, have you often been bothered by feeling down, depressed or hopeless?

YES / NO

b) During the last month, have you often been bothered by having little interest or pleasure in doing things?

YES / NO

If you answer Yes to both these questions then fill in the warning signs checklist.

2. Check the warning signs

Warning signs	Yes/No?	If yes, how many days in last 2 weeks?
Persistently sad, anxious, empty, or generally low mood		Which one/s?
Loss of interest		
Lethargy/decreased energy		
Sleep disruption		
Appetite/weight changes		
Increased tearfulness		
Poor concentration/difficulty with decisions		
Hopelessness/pessimism		
Helplessness		
Worthlessness and/or guilt		
Thoughts of death or suicide		

Remember that many of these signs are an occasional part of normal life. Depression may be affecting you if you have experienced:

- persistently sad, anxious, empty or low mood AND
- at least 3 more of the above signs
- on most days in the last two weeks

Take it seriously and take action – preferably get professional help. Use the more detailed personal survey on the ‘Changes depression brings’ page to assess how depression is affecting you personally and what will be most helpful.