

# Self-assessment: Is It Depression?

A depressed person often has cloudy thinking and a hard time making decisions. These questions have been designed to help you determine if you're depressed and should seek professional help. This inventory is not a substitute for a professional evaluation, but it is a powerful first step in assessing depression.

Review this list to determine if you have felt any of these symptoms consistently over the past two weeks.

- Do you feel unusually down and discouraged that life will not get any better in the future?  yes  no
- Have you lost your appetite (or are you overeating)?  yes  no
- Do you have trouble sleeping, or do you wake up a few hours earlier than usual?  yes  no
- Do you have less interest in sex than you used to?  yes  no
- Are you tired and lethargic, and do you have trouble motivating yourself to get anything done?  yes  no
- Do you feel like a failure, guilty for your mistakes or critical of your shortcomings?  yes  no
- Do you feel anxious or worried without any obvious reason?  yes  no
- Do you have less interest in what used to make you happy (hobbies, work, or pet projects)?  yes  no
- Do you feel annoyed and irritated with people, or have less interest in your family or friends?  yes  no
- Is it hard to think clearly, concentrate, or make decisions?  yes  no
- Are you overly worried about a lot of minor aches and pains?  yes  no
- Do you often think about death or committing suicide?  
**(Anyone answering "yes" to this question should seek professional help immediately.)**

## YOUR SCORE:

Add the number of yes responses you've checked. A few of these symptoms now and then are a normal part of life's ups and downs. However, the higher your score, the more likely you're suffering from depression.

HelpPeople can provide personal support and help with finding resources for you and your family.

**315/470-7447 or 800/777-6110**

E-mail: [HelpPeople@crouse.org](mailto:HelpPeople@crouse.org)



**Depression is the most prevalent, yet treatable, mental illness in society today.**

Contrary to some beliefs, it is not a sign of weakness or character flaw, it is a recognized medical illness. There are several methods used to treat depression, which may be caused by biological, social or psychological factors; the majority of cases seem to stem from a combination of all three.

## Types of Treatment That May Help Depression

**Physical Exam:** It's important to check with your medical doctor first to rule out any physical cause.



**Exercise:** The brain releases certain brain chemicals which may improve how you feel, plus it can be FUN!

**Friends and Family:** It's very important to seek support and connection from those we love. Sometime, it's helpful to just have someone listen to what you're saying and keep you from isolating yourself.

**Counseling:** Seeking out assistance from a trained professional can help you gain insight and learn new ways to cope with problems. Use your EAP, HelpPeople.



**Medication:** Antidepressants (one of the most widely prescribed medications today) help balance the brain's chemistry. More than half of all people treated with antidepressants feel significantly better within weeks.

**Combination of Medication and Therapy:** Studies prove this combination is the most effective treatment for depression and preventing its recurrence.

# HelpPeople<sup>SM</sup>

Employee Assistance Program

- A free confidential service offered by your employer
- For employees and immediate family members
- Services throughout the country

[www.crouse.org/helppeople](http://www.crouse.org/helppeople)

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