

Depression

What is Depression?

Depression is a response to problems in living. When we become exhausted in our efforts to cope with life, we begin to experience symptoms of depression.

Following is a list of common symptoms of depression. Make a check beside any symptom you have had almost daily for the past two weeks.

Depression Risk Assessment

- o Anger or irritability
- o Sadness
- o Sleeping too much or too little
- o A lack of interest in others and in activities you usually enjoy
- o Guilt, self-critical thoughts, feeling inadequate or worthless
- o Feeling tired most of the time
- o Difficulty concentrating
- o Appetite change - eating significantly more or less
- o Feeling very "slowed down" or very "speeded up"
- o More aches and pains
- o Thoughts of suicide or death in general

Total number of symptoms: _____

Assessment Completed?

If you checked *four or more symptoms*, check with your health care provider or call DIRECTION EAP (541 - 345 -2800) to schedule an appointment with a counselor.