

|   | Symptoms of Depression        | Healthy/ useful responses. How can others help? |
|---|-------------------------------|---|
| <b>Mood Changes:</b>                        | Feeling down/ sad             |   |
|   | Irritability/ anger           |   |
|   | Inappropriate Guilt/ Shame    |   |
|   | Worthlessness                 |   |
|   | Overwhelm                     |   |
|   | Hopelessness                  |   |
| <b>Behavior Changes, Physical Symptoms:</b> | Loss of pleasure              |   |
|   | Loss of usual interests       |   |
|   | Isolation/ avoiding others    |   |
|   | Staying in bed                |   |
|   | Withdrawing from activities   |   |
|   | Anxiety/ Nervousness          |   |
|   | Tearfulness                   |   |
|   | Restlessness                  |   |
|   | Decreased interest in sex     |   |
|   | Increased alcohol/ drug use   |   |
|   | Self-harming behaviors        |   |
|   | Flat affect (expressionless)  |   |
|   | Slowed movement, OR agitation |   |
|   | Sleeping more than usual      |   |
|   | Insomnia/ poor sleep          |   |
|   | Appetite loss                 |   |
|   | Eating more than usual        |   |
|   | Fatigue/ tiredness            |   |
|   | Disorganization               |   |
| Increased pain/ ailments                    |                               |   |
| <b>Cognitive (Thinking):</b>                | Poor concentration            |   |
|   | Trouble making decisions      |   |
|   | Negativity/ Pessimism         |   |
|   | Ruminating                    |   |
|   | Impaired memory               |   |
|   | Critical of self +/- others   |   |
|   | Thoughts of death             |   |
|   | Suicidal thoughts +/- plans   |   |
|   | Paranoid thoughts             |   |
|   | Hallucinations                |   |
| Delusional thoughts                         |                               |   |
| <b>Other:</b>                               |                               |   |
|   |                               |   |
|   |                               |   |
|   |                               |   |