

Are you depressed?

To find out if you or someone you know may have depression, complete the checklist below.

For more than TWO WEEKS have you:

1. Felt sad, down or miserable most of the time? Yes No
2. Lost interest or pleasure in most of your usual activities? Yes No

If you answered "YES" to either of these questions, complete the symptom checklist below.

<p style="text-align: center;">BEHAVIOURS</p> <p>Stopped going out Not getting things done at work Withdrawn from close family and friends Relying on alcohol and sedatives Stopped doing things you enjoy Unable to concentrate</p>	<p style="text-align: center;">THOUGHTS</p> <p>"I'm a failure" "It's all my fault" "Nothing good ever happened to me" "I'm worthless" "Life is not worth living"</p>
<p style="text-align: center;">FEELINGS</p> <p>Overwhelmed Guilty Unhappy, Indecisive depressed Disappointed Irritable Miserable Frustrated Sad No confidence</p>	<p style="text-align: center;">PHYSICAL</p> <p>Tired all the time Sick and run down Headaches and muscle pains Churning gut Can't sleep Poor appetite/weight loss</p>

If you answered "YES" to question 1 and/or 2 and ticked 3 or more of the above symptoms, you probably have a depressive illness.

For further assessment, please make an appointment to see your doctor, you may want to take a friend for support.

With Compliments from the Burdekin Mental Health Foundation & Mental Health First Aid