***Depression Checklist***

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| **feelings** | |
|  | Feeling sad or down |
|  | Feeling unhappy |
|  | Crying spells or tearfulness |
|  | Feeling discouraged |
|  | Feeling hopeless |
|  | Low or no self-esteem |
|  | Feeling inadequate or worthless |
|  | Feeling guilty or shameful |
|  | Blaming others |
|  | Criticizing yourself |
|  | Difficulty making decisions |
| **Personal relationships and activities** | |
|  | Loss of interest in family, friends or colleagues |
|  | Feeling lonely |
|  | Spending less time with friends and family |
|  | Loss of motivation |
|  | Loss of interest in work or other activities |
|  | Avoiding work |
|  | Loss of pleasure or satisfaction in life |
|  | Feeling fatigued |
|  | Problems sleeping or sleeping too much |
|  | Increased or decreased appetite |
|  | Loss of interest in sex |
|  | Concern about personal health |
| **suicidal thoughts or urges** | |
|  | Have suicidal thoughts? |
|  | Do you want to end your life? |
|  | Do you have a plan to harm yourself? |
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