

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Everyone feels down at times. The blues are a natural part of life. But an unhappy period that's intense or lasts for more than a couple of weeks can be a sign of **depression**. Depression is a serious illness. It can disrupt the lives of family and friends. If you know someone you think may be depressed, find out what you can do to help.

Recognizing Signs of Depression

- Feel unhappy, sad, blue, down, or miserable nearly every day.
- Feel helpless, hopeless, or worthless.
- Lose interest in hobbies, friends, and activities that used to give pleasure.
- Not sleep well or sleep too much.
- Gain or lose weight.
- Feel low on energy or constantly tired.
- Have a hard time concentrating or making decisions.
- Lose interest in sex.
- Have physical symptoms, such as stomachaches, headaches, or backaches.

Know the Serious Signals

- Threats or talk of suicide.
- Statements such as "I won't be a problem much longer" or "Nothing matters."
- Giving away possessions or making a will or funeral arrangements.
- Buying a gun or other weapon.
- Sudden, unexplained cheerfulness or calm after a period of depression.

If you notice any of these signs, get help right away. Call a healthcare professional, mental health clinic, or suicide hotline and ask what action to take. In an emergency, don't hesitate to call the police.

Resources:

National Institutes of Mental Health	866-615-6464	www.nimh.nih.gov
National Alliance on Mental Illness	800-950-6264	www.nami.org
National Suicide Hotline	800-784-2433 (800-SUICIDE)	

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
 For ALL emergencies requiring IMMEDIATE medical attention, call 911.