



10 Questions to Help Identify Depression

1. Do you often find you do not want to get out of bed because you don't see the point and often think that things won't get better?
2. Do you want to hide out from the world?
3. Have you lost interest in time with family and friends, hobbies or other activities you generally enjoy?
4. Have you experienced changes in emotions? Do you feel anxious, sad, irritable or suicidal more than once per week?
5. Do you find yourself drinking more or using substances to "take the edge off"?
6. Do you experience insomnia due to worry or oversleeping?
7. Have you had a sudden loss of appetite or engage in binge (emotional) eating?
8. Do you have a sense of hopelessness?
9. Do you have trouble maintaining a high level of focus at work or school?
10. Do you suffer from physical symptoms that do not respond to treatment – chronic pain, headaches, digestive disorders?

If you answer yes to two or more of these questions, you may have a problem with depression and it is likely that you would benefit from therapy or treatment. Depression does not need to control your life.

Solutions Treatment Center can help. Call Today for more information. 877-499-1354 or visit our website at www.treatmentsolutins.org