



Solutions Treatment Center

The Way Forward

10 Questions to Help Identify Dysthymia

1. Have you experienced a depressed mood most of the day for at least two years?
2. Do you experience poor appetite and a lack of desire to eat?
3. Do you feel a general sense of apathy towards things you used to or "should" enjoy?
4. Do you suffer from excessive tiredness or lack of energy?
5. Do you suffer from low self-esteem or self-image?
6. Have you struggled with feelings of hopelessness for long periods of time?
7. Do you feel like you can function OK, yet are just going through the motions?
8. Do you have trouble making decisions?
9. Do your family and friends feel like you have changed? Lost your joy of life?
10. Have you often feel like this is just the way your life is, that it just can't or won't get any better?

If you answered yes to any of these questions, you may have a problem with Dysthymia. Dysthymia is a low level depression which millions of people struggle with. It often goes unnoticed as it is not severe and people can go about their daily lives without very much interruption. However with help, life can get so much better. If you feel that you, your family or loved ones would benefit from treatment, please call us today to discuss your individual situation and needs.

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

