

## Common Symptoms of Depression

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

Source: *National Institute of Mental Health*

## Suicide Warning Signs

- Appearing depressed or sad most of the time.  
(Untreated depression is the number one cause for suicide.)
- Feeling hopeless.
- Expressing hopelessness.
- Withdrawing from family and friends.
- Sleeping too much or too little.
- Feeling tired most of the time.
- Gaining or losing a significant amount of weight.
- Making statements such as these:
  - "I can't go on any longer."
  - "I hate this life."
  - "There's no point to this stupid life."
  - "Everyone would be better off without me."
  - "Life is not worth living."
  - "Nothing matters anymore."
  - "I don't care about anything anymore."
  - "I want to die."
  - --And any mention of suicide--
- Writing notes or poems about suicide or death.
- Acting compulsively.
- Losing interest in most activities.
- Giving away prized possessions.
- Writing a will.
- No sense of humor.
- Facing a perceived "humiliating" situation.
- Facing a perceived "failure."
- Feeling excessive guilt or shame.
- Acting irrationally.
- Being preoccupied with death or dying.
- Behaving recklessly.
- Irritability
- Frequently complaining about headaches, stomachaches, etc.
- Neglecting personal appearance.
- A dramatic change in personal appearance.
- A dramatic change in personality.
- Performing poorly at work or in school.
- Abusing alcohol or drugs.
- Inability to concentrate.

It should be noted that some people who die by suicide do not show any suicide warning signs. Many people hide their depression because there is still a strong social stigma against mental illness. Also, many people believe that they will be perceived as weak, so they also hide their depression. **If you or someone you know is showing signs of suicide, please immediately contact 1-800-273-TALK (8255) TTY 1-800-799- 4889**

Source: *Suicide.org*