

Signs and Symptoms of Depression

Not everyone who is depressed experiences every symptom. Some people experience only a few symptoms: some people suffer many. The severity of symptoms varies among individuals and also over time. As you read through these signs and symptoms, identify those that describe what you are feeling:

Persistent, sad, anxious, or “empty” mood

Feelings of hopelessness, pessimism

Feelings of guilt, worthlessness, helplessness

Loss of interest or pleasure in hobbies and activities

Decreased energy, fatigue, being “slowed down”

Difficulty concentrating, remembering, making decisions

Difficulty sleeping, early-morning awakening, or oversleeping

Appetite and/or weight changes

Thoughts of death or suicide; suicide attempts

Restlessness, irritability

Persistent physical symptoms



If you have identified one or more of these signs and symptoms, talk to your healthcare provider. You can also contact your Behavioral Health Provider directly to arrange to speak or meet with a Behavioral Health Specialist. WHA members can call

WHA Members: Contact Magellan Health Services at 800.424.1778 or visit their website at www.magellanhealth.com.

UCD employees: Contact LifeSolutions at 888.444.8225

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