



## DEPRESSION: A TREATABLE ILLNESS

Depression is a serious medical condition that involves the body, mood, and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely “pull themselves together” and get better. Without treatment, symptoms can last for weeks, months or years. Appropriate treatment, however, can help most people who suffer from depression.



Health New England *How Can We Help?*

*The material contained in this brochure is for general information only and is not intended to provide specific medical advice or recommendations for any individual. Your physician or other health care professional must be consulted for advice with regard to your individual situation.*

**Visit Healthy Directions at [hne.com](http://hne.com)**

## DEPRESSION SCREENING TEST

Please answer the questions below yes or no.

- |  | YES   | NO    |
|--|-------|-------|
| 1. I feel sad most of the time.                              | _____ | _____ |
| 2. I have trouble doing or enjoying the things I used to do. | _____ | _____ |
| 3. I sleep too little or too much.                           | _____ | _____ |
| 4. I notice I am losing weight and/or my appetite.           | _____ | _____ |
| 5. I can't make decisions.                                   | _____ | _____ |
| 6. I feel hopeless and/or worthless.                         | _____ | _____ |
| 7. I get tired for no reason.                                | _____ | _____ |
| 8. I think about killing myself.                             | _____ | _____ |

*This test was developed by the National Depression Screening Day Executive Director, Douglas G. Jacobs, M.D. It is not designed to provide an actual diagnosis of depression. For that, you will need a complete evaluation by your doctor.*

## READING YOUR SCORE

If you answered yes to 5 or more of these questions, and you have felt this way everyday for several weeks, you may be suffering from clinical depression and should consult a health care professional.

If you answered *yes* to *question 8*, seek help immediately, regardless of your answer to any of the other questions.

## QUESTIONS ABOUT MEDICATION

If your doctor prescribes an antidepressant, here is a list of helpful questions to ask:

- What is the name of my antidepressant and what is it supposed to do?
- How and when should I take my antidepressant?
- How long will I have to take my antidepressant?
- Is there any time when I should stop taking my antidepressant?
- What are the possible side effects of antidepressant medication?
- Can I take other medications along with antidepressants?
- How long will it be before my antidepressant helps me?
- How will I know that my antidepressant is working?
- What if I forget to take my pills on schedule?
- If I am taking an antidepressant, will I still need counseling?

*Websites that  
offer depression  
screening tests:*

[www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

[www.depression-screening.org](http://www.depression-screening.org)

[www.copewithlife.com](http://www.copewithlife.com)