



Depression: Signs and Symptoms

At any given moment in North America, one in every 10 people is experiencing a depression that is severe enough to warrant medical intervention. There is a great deal of ignorance and misinformation about depression and treatments and a wise coach will familiarize themselves with the signs and symptoms so they can refer their clients appropriately.

The following is a quote from the National Mental Health Association (www.nmha.org). "Not everyone experiences clinical depression in the same way. Different people have different symptoms. See your doctor or a qualified mental health professional if you experience five or more of these symptoms for longer than two weeks, or if the symptoms are severe enough to interfere with your daily routine."

- A persistent sad, anxious or "empty" mood
- Sleeping too little or sleeping too much
- Reduced appetite and weight loss or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Persistent physical symptoms that don't respond to treatment (such as headaches, chronic pain, or constipation and other digestive disorders)
- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of death or suicide