



DEPRESSION?

RECOGNIZING THE SIGNS OF DEPRESSION

We have all felt depressed at times, becoming frustrated and discouraged with life. But when the depressed mood persists for a few weeks, deepens, and/or starts interfering with everyday life, it may be clinical depression.

Depression may begin gradually or suddenly. To others, a depressed person will appear more withdrawn than usual. Although no two people will experience this illness in exactly the same way, there are common signs of depression. A person with depression will start to exhibit any number of the following signs:

PERSONAL CHANGES

- Irritability/hostility
- Withdrawal from, or extreme dependence on others
- Hopelessness/despair
- Slowness of speech
- Chronic fatigue
- Alcohol/drug abuse

WORKPLACE CHANGES

- Difficulty in making decisions
- Decreased productivity
- Inability to concentrate
- Decline in dependability
- Unusual increase in errors in work
- Being prone to accidents
- Frequent tardiness, increased “sick” days
- Lack of enthusiasm for work

Someone who has been experiencing several of these signs for more than a few weeks should seek help.