

Loss, Change & Grief

How can I tell if Someone is depressed ?



Journey of Hearts
A Healing Place in CyberSpace™

How can I tell if Someone is depressed ?

The signs and symptoms of depression can vary greatly. Some of the most common signs of depression include:

- Feelings of hopelessness and helplessness
- Persistent sadness
- Negative thinking or worrying
- Low Self-esteem
- Loss of pleasure in usual activities
- Irritability
- Problems with concentration, memory and decision making

Other symptoms may include:

- Low Energy
- Decreased or Increased Appetite
- Changes in Sleep Patterns - increased or decreased
- Diminished interest in sex

If several of these symptoms are present and persist for several weeks or months, the likelihood of depression is greater.

Below is a summary of the overall Signs and Symptoms that most commonly present with depression.

Signs and Symptoms

Do you, or anyone you know have any of the following signs?

- Loss of interest in formerly pleasurable activities
- Dissatisfaction with life
- Withdrawal from social activities
- Loss of energy
- Feeling useless or hopeless
- Irritability

- Great concern with health problems
- Sadness or crying
- Worry and/or self-criticism
- Difficulty concentrating and/or making decisions
- Loss of appetite and weight

Copyright 1996 Pfizer Inc.

If you know someone who may be depressed, then contact your health care provider, counselor, clergy member to help get the resources needed. If you know someone who is going through a grieving process and depressed, check out the page on "[How can I help?](#)"



If you know someone who may be feeling like harming themselves or someone else, **please call 911**, your **local suicide hot-line**, or **Crisis Intervention line**, located in the Yellow Pages or contact the Samaritans via e-mail at:

For screens without frames

<http://www.samaritans.org.uk/textonly.html/texthome.html>

For screens with frames

<http://www.samaritans.org.uk/sams.html/home2.html>.

The Samaritans is a UK charity, founded in 1953, which exists to provide confidential emotional support to any person, who is suicidal or despairing; and to increase public awareness of issues around suicide and depression. This service is provided 24 hours every day by trained volunteers, and relies upon public donations.

Call someone--a friend, or family member, your clergy or physician. Look in the Yellow pages under Counselors, Psychologists, Social Workers and Psychiatrists, if you feel you may need immediate professional assistance.

If you or anyone you know seems to be experiencing depression, consider taking one of the quizzes on the other depression pages, [Self Assessment Quiz](#) or [Wakefield Questionnaire](#) and contact your health care provider, counselor, clergy member or social worker and get the help you need.

Last updated October 5, 1999

All material, unless otherwise specified, is copyrighted 1997-9 by Journey of Hearts A Healing Place in CyberSpace. We invite you to share the information with others who may benefit, but ask that you share from the heart only and not for profit.

To contact the Domain Designer email to email@kirstimd.com To return to [home page](#).