

## Recognizing Depression Warning Signs

There are a number of warning signs that signal someone you know may be experiencing depression.

Symptoms of depression differ from one person to another and not all symptoms will be present for all individuals.

### Persistent Sad, Anxious or Empty Feelings

A depressed person will frequently appear sad or anxious and have feelings of hopelessness.

### Fatigue and Decreased Energy

A lack of motivation to do even the simplest of tasks is another warning sign of depression. Keep an eye on loved ones for decreased energy.

### Feelings of Guilt

Unexplained feelings of guilt and worthlessness are common.

### Social Withdrawal

Depressed people will often withdraw from social situations and may even avoid friends and family.

### Thoughts of Suicide or Suicide Attempts

An extremely depressed person may have suicidal thoughts. If you or a loved one is experiencing this symptom of depression, seek help immediately.

### Loss of Interest

Depressed people often develop a lack of interest for activities and people they once enjoyed.

### Difficulty Concentrating and Making Decisions

Decreased concentration and decision-making skills are another sign of depression.

### Help is Available

If you suspect someone you know may be suffering from depression, do not try to diagnose it yourself.

You and your loved ones have unique needs. Call your 800 number and let ComPsych assist with finding assistance in dealing with depression issues.



Online: [guidanceresources.com](https://www.guidanceresources.com)

Web ID: AECOM



App: GuidanceNow<sup>SM</sup>

Log on today to search the directory for a local provider or phone number. You can also review articles and other helpful tools where available.

**24/7 Support, Resources & Information**

Contact us anytime for confidential assistance.