Note the symptoms you have experiences persistently for two weeks or longer.

* Feelings of sadness.
* Feeling empty or purposeless.
* Persistent feelings of helplessness and hopelessness.
* Irritability.
* Loss of interest in friends and family.
* Difficulty concentrating or remembering things.
* Missing work.
* Changes in appetite (either significant weight loss, not from dieting, or weight gain).
* Loss of interest and pleasure in activities you used to enjoy.
* Loss of energy, fatigue.
* Feelings of worthlessness.
* Feelings of inappropriate guilt.
* Inability to concentrate or think, indecisiveness.
* Recurring thoughts of death or suicide, wishing to die, or attempting suicide (people suffering this symptom should receive treatment immediately!).
* Melancholia (defined as overwhelming feelings of sadness and grief) accompanied by waking at least 2 hours earlier than normal in the morning and moving significantly more slowly.
* Disturbed thinking, a symptom developed by some severely depressed persons. (For example, severely depressed people sometimes have beliefs not based in reality about physical disease, sinfulness, or poverty.)
* Physical symptoms, such as headaches, stomach aches body pains and aches.

**If you or someone you know has had four or more of these symptoms continually for more than two weeks, professional help should be sought.**

* **Feelings of helplessness and hopelessness.** A bleak outlook—nothing will ever get better and there’s nothing you can do to improve your situation.
* **Loss of interest in daily activities.** No interest in former hobbies, pastimes, social activities, or sex. You’ve lost your ability to feel joy and pleasure.
* **Appetite or weight changes.** Significant weight loss or weight gain—a change of more than 5% of body weight in a month.
* **Sleep changes.** Either insomnia, especially waking in the early hours of the morning, or oversleeping (also known as hypersomnia).
* **Anger or irritability.** Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.
* **Loss of energy.** Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.
* **Self-loathing.** Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.
* **Reckless behavior.** You engage in escapist behavior such as substance abuse, compulsive gambling, reckless driving, or dangerous sports.
* **Concentration problems.** Trouble focusing, making decisions, or remembering things.
* **Unexplained aches and pains.** An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.