

## Do you have symptoms of situational depression?

Do you have some of these symptoms:

- ▶ Weight loss or gain or decrease increase in appetite
- ▶ A depressed mood
- ▶ Loss of pleasure in previously enjoyed activities
- ▶ Not sleeping or sleeping too much
- ▶ Feeling restless or slowed down
- ▶ Fatigue or loss of energy
- ▶ Feelings of worthlessness or excessive or inappropriate guilt
- ▶ Impaired concentration or difficulty making decisions
- ▶ Recurrent thoughts of death , thinking of suicide with or without a plan or a suicide attempt

And

- ▶ Have you had something stressful happen within three months before you symptoms developed?

And

- ▶ Do you think your symptoms are worse than you would expect, or are you having trouble functioning in your job school or social relationships?

Then you may be suffering from situational depression and in need of some professional or self help efforts to help you feel better!