Do you know the signs of depression?

The symptoms of depression vary from person to person and can range from mild to severe. If you or a loved one has experienced five or more of these symptoms for more than two weeks, or if the symptoms are severe enough to interfere with your daily routine, it's important that you see a doctor or qualified mental health professional as soon as possible. Check with your health care professional or go to **mentalhealthscreening.org*** to find a free screening site near you.

Symptoms of depression include:

- Persistent sad, anxious or "empty" mood
- Sleeping too much or too little; middle-of-night or early-morning waking
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in activities once enjoyed, including sex
- Irritability, restlessness
- Persistent physical symptoms that do not respond to treatment (such as chronic pain or digestive disorders)
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of death or suicide

Blue Care Network of Michigan
A nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association

Want to know more?

BCN members can contact **BlueHealthConnection®** at **800-637-2972** to leave a message for a nurse or request information.

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