



Centennial
Counseling
Center

DEPRESSION

Does life seem terribly difficult right now? Do you often *feel unhappy* or *empty*? Do *tears* come often and unexpectedly? Are you battling depression?

Take the test.

The following will help you determine if you are experiencing symptoms of depression. Check the boxes that best describe your feelings and/or behaviors, more often than not, over the last few months.

- I no longer have any interest in the things that used to interest me.
- I feel hopeless about the future.
- I can't make decisions, because I have a difficult time concentrating.
- I feel sluggish or restless.
- I am gaining or losing weight without trying to.
- I get tired for no reason.
- I am sleeping too much, or too little.
- I feel unhappy.
- I become irritable or anxious easily.
- I think about dying or killing myself.*
- I have spontaneous urges to cry.

Score your results

*** If you checked this statement**, please seek help immediately, no matter what your other answers are.

If you checked 5 or more of these statements, and have felt this way more often than not for several weeks, you should share the results with your physician or with a mental health professional.

If you checked fewer than 5 statements, but still feel concerned that your ability to function in everyday life is being impaired, you may also want to share the results with a health care provider.

There are several kinds of depression and a number of different causes. Your physician can do an assessment to determine if various medical conditions are contributing to your symptoms, and can prescribe medication if necessary. A mental health professional can help you address the emotional, relational and/or environmental components that may be contributing factors.

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