

A hand is shown from the top left, holding a thin string that is attached to a dried, yellow and brown spotted leaf. The leaf is positioned just above a white rectangular box containing text. Below the box, two water droplets are falling into a calm lake, creating ripples. The background is a misty, mountainous landscape at dawn or dusk. The bottom right corner of the image is a solid black triangle.

Depression Effects Checklist

by SILK CELIA



Depression Effect Checklist

Check any of the statements below that apply to you within the past two weeks.

- I often feel sad or low mood.
- I no longer enjoy the things I once enjoyed.
- I have little energy and/or feel fatigued.

- I have trouble falling asleep or wake up a lot during the night.
- I am eating more or eating less than usual.
- I have low self confidence
- I think about death a lot and/or have wanted to die.
- Sometimes it feels like I am moving in slow motion or moving too fast.
- I have trouble thinking clearly and/or making decisions.
- I feel guilty and/or worthless much of the time.

If you checked four or more of these, talk to me (<https://silkcelia.com/contact>) or your medical provider (depression is covered by most providers) about it as soon as possible – depression can be life threatening if left untreated. Need to talk? You can also connect with a free, anonymous and confidential online text chat with trained listeners, online Therapists & Counselors:
<https://www.7cups.com>.

If you have thoughts of suicide or wanting to die, go to the closest emergency room as soon as possible or call 911 for help.