

Symptoms of Clinical Depression

- Difficulty concentrating, remembering things, or making decisions
- Fatigue, loss of energy, feeling tired all the time
- Feeling guilty, hopeless, worthless, or helpless
- Loss of pleasure or interest in activities once enjoyed, including sex
- Persistent physical symptoms that do not respond to treatment, such as chronic pain or digestive disorders that do not go away
- Persistent sad, anxious, or "empty" mood
- Reduced appetite and weight loss OR increased appetite and weight gain
- Restlessness, irritability
- Sleeping too much, or being unable to go to sleep or to stay asleep
- Thoughts of death or suicide or making suicide attempts

If you experience five or more of these symptoms for two weeks or longer, or if the symptoms are severe, you could have Clinical Depression. Consult your doctor right away. Clinical Depression is one of the most treatable illnesses.