



What is Depression?

Depression is a serious health condition that affects the way you think, behave, and feel. Those with depression often feel extreme sadness, and a loss of interest in activities they used to enjoy. Fortunately, depression is treatable. Those who experience symptoms of depression for more than two weeks should reach out for help as soon as possible.

Common Symptoms of Depression

- ② Changes in appetite
- ② Trouble sleeping or sleeping too much
- ② Loss of energy
- ② Feelings of worthlessness or guilt
- ② Difficulty concentrating
- ② Feelings or thoughts of suicide

Screenings are quick, easy, and confidential and can help determine if your symptoms are consistent with depression.