DEPRESSION

9 symptoms

of clinical depression

1. Feelings of sadness or irritability
2. Loss of interest in sex and activities once enjoyed
3. Changes in weight or appetite
4. Changes in sleeping patterns
5. Feeling guilty, hopeless, or worthless
6. Inability to concentrate, remember things, or make decisions
7. Fatigue or loss of energy
8. Restlessness or decreased activity, noticeable to others
9. Thoughts of suicide or death

NOTE: If you or a loved one have been experiencing five (5) or more of these symptoms for more than two weeks or have a considerable impairment of normal functioning, you should contact a mental health professional as soon as possible. Your EAP can help.

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