Symptoms of Depression and Mania

**Depression**

- Persistent sad, anxious, or "empty" mood
- Difficulty concentrating, remembering, or making decisions
- Sleeping too much or too little, early-morning awakening
- Decreased energy, fatigue, feeling "slowed down"
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.

**Mania**

- Abnormally elevated mood
- Severe insomnia
- Increased talking
- Increased activity, including sexual activity
- Markedly increased energy

- Loss of interest or pleasure in activities, including sex
- Feelings of guilt, worthlessness, helplessness
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide, or suicide attempts
- Feelings of hopelessness, pessimism
- Restlessness, irritability

A thorough diagnostic evaluation is needed if five or more of these symptoms persist for more than two weeks, or if they interfere with work or family life. An evaluation involves a complete physical checkup and information-gathering on family health history.

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