

DEPRESSION

PROVIDENCE BEHAVIORAL MEDICINE

Am I **depressed**? Some signs to look for...

- I am really sad most of the time
- I don't enjoy doing the things I've always enjoyed doing.
- I don't sleep well at night and am very restless.
- I am always tired. I find it hard to get out of bed.
- I don't feel like eating much.
- I feel like eating all the time.
- I have lots of aches and pains that don't go away.
- I have little to no sexual energy.
- I find it hard to focus and am very forgetful.
- I am mad at everybody and everything.
- I feel upset and fearful, but can't figure out why.
- I don't feel like talking to people.
- I feel like there isn't much point to living, nothing good is going to happen to me.
- I don't like myself very much. I feel bad most of the time.
- I think about death a lot. I even think about how I might kill myself.**

If you have checked several of the boxes you may be experiencing depression. Contact a professional to share your concerns.

** Sometimes depression can cause people to feel like killing themselves. If you are thinking about killing yourself or know someone who is talking about it, get help...call 911 or go to the nearest emergency room for and urgent evaluation.

Our outpatient clinic can also provide assessment and treatment for depression

**Our Southfield site: 22255 Greenfield Rd, Ste. 132, Southfield, MI 48075.
248 849 3301**

**Our Livonia site: 37595 Seven Mile Rd, Ste 450, Livonia, MI 48152. 734
432 6665**