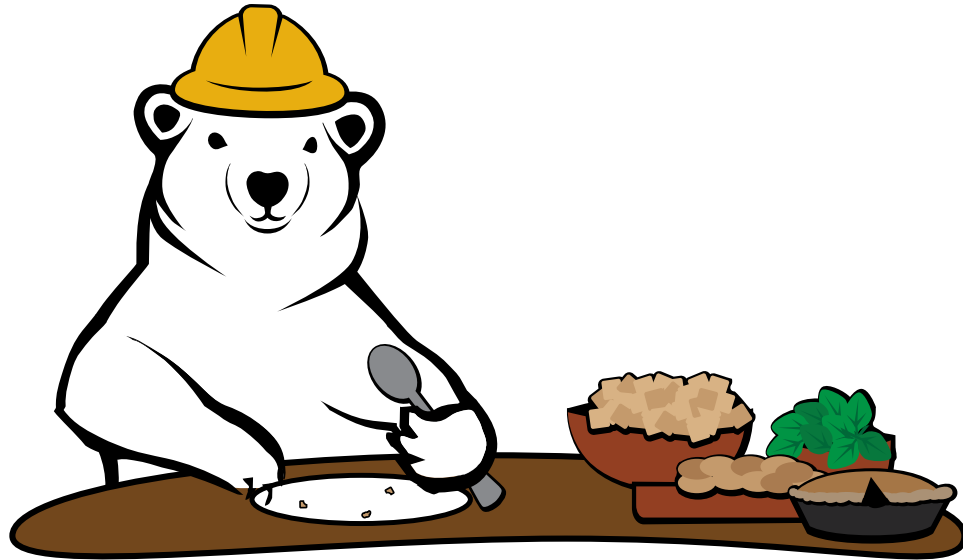




Beyond the Blues: Screening for Depression



Think back on the past two weeks. How often were these things true for you?

- Experienced a high level of difficulty concentrating.
- Lost interest or pleasure in doing things I used to enjoy. Felt numb.
- Felt down, sad, or hopeless.
- Had trouble falling or staying asleep, or slept too much.
- Felt tired or had little energy or motivation.
- Had little appetite or the ability to enjoy food or overate.
- Felt like a failure and that I had let others down.
- Felt like I was moving in slow motion or felt very restless.

If you experienced some or all of these symptoms, reach out to a mental health provider for help. Depression is highly treatable.



Scan to find
more Mental
Health Resources.