



Mental Health Minute

To increase public awareness about mental health issues, the Mental Health Association is running a series of 8 articles on mental illness.

A Depression Checklist

Every year more than 19 million American adults experience clinical depression. It affects men, women and children of all races and socio-economic groups, causing them to lose motivation, energy and the pleasure of everyday life. Clinical depression often goes untreated because people don't recognize its many symptoms. The good news is that almost everyone who gets treated can soon feel better.

- A persistent sad anxious or "empty" mood
- Sleeping too little or sleeping too much
- Reduced appetite and weight loss or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Persistent physical symptoms that don't respond to treatment (such as headaches, chronic pain, or constipation and other digestive disorders)
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of death or suicide

Mental Health Minute is provided by the Mental Health Association of Franklin & Fulton Counties (MHA) through funding from the Franklin/Fulton Mental Health/ Mental Retardation/ Drug and Alcohol Program. For more info: call 1-866-593-8351 or email: info@mhaff.org.