

Depression Symptoms and Signs List

If you think that you or someone you know might have Depression, check the following list of some of the signs and symptoms that are presented during the diagnosis of Depression. If you are concerned and need help, organise a session with a psychologist or psychiatrist to obtain an accurate diagnosis and assistance with addressing the symptoms you experience.

<input checked="" type="checkbox"/>	Symptoms and Signs of Depression		
	Feelings:		Thoughts:
<input type="checkbox"/>	Useless	<input type="checkbox"/>	I hate my life.
<input type="checkbox"/>	Worthless	<input type="checkbox"/>	No one likes me.
<input type="checkbox"/>	Hopeless	<input type="checkbox"/>	I am a pathetic loser.
<input type="checkbox"/>	Sad	<input type="checkbox"/>	I am a failure.
<input type="checkbox"/>	Anxious	<input type="checkbox"/>	It is all too hard.
<input type="checkbox"/>	Lonely	<input type="checkbox"/>	I want to die.
<input type="checkbox"/>	Numb / Frozen / Paralysed		Behaviour:
<input type="checkbox"/>	Empty	<input type="checkbox"/>	Withdrawal
<input type="checkbox"/>	Guilty	<input type="checkbox"/>	Isolation
<input type="checkbox"/>	Hateful	<input type="checkbox"/>	Not doing any previously enjoyed activities
<input type="checkbox"/>	Burdened	<input type="checkbox"/>	Unable to concentrate
<input type="checkbox"/>	Angry	<input type="checkbox"/>	Fidgety / Restless/ Agitated
<input type="checkbox"/>	Ugly	<input type="checkbox"/>	Disorganised
<input type="checkbox"/>	Rejected / Abandoned	<input type="checkbox"/>	Drinking / Using drugs / Eating unhealthy food
<input type="checkbox"/>	Hurt	<input type="checkbox"/>	Physical:
<input type="checkbox"/>	Teary /Crying easily	<input type="checkbox"/>	Tense
<input type="checkbox"/>	Dead inside	<input type="checkbox"/>	Low energy
<input type="checkbox"/>	Helpless	<input type="checkbox"/>	Insomnia
<input type="checkbox"/>	Apathetic	<input type="checkbox"/>	Not wanting to get out of bed
<input type="checkbox"/>	As if I cannot move or move on	<input type="checkbox"/>	Fatigued
<input type="checkbox"/>		<input type="checkbox"/>	Heavy
			In pain



Experience of Depression varies from person to person. Discuss your symptoms with the psychologist and receive the help you need to get your life back on track.
