

Depression Quiz

Can you answer

YES

to **5 or more?**
of these items?

Yes No

Feel sad more often than not over the past two weeks?

Yes No

Feel worthless or have low self-esteem?

Yes No

Feel hopeless about ever feeling better?

Yes No

Cry much more easily and more frequently than usual?

Yes No

Can't laugh or enjoy yourself?

Yes No

Yes No

Sleep is disrupted with early waking or restlessness?

Yes No

Have a hard time falling asleep?

Yes No

Yes No

Sleep either much more or much less than usual?

Yes No

Seem more sensitive to criticism than is usual?

Yes No

Feel excessively guilty?

Yes No

Think about suicide or wishing your life would end?

Yes No

Yes No

Eat more or eat less than usual?

Yes No

Have DECREASED INTEREST in favorite people or activities?

Yes No

Have DECREASED ENERGY or motivation?

Yes No

Find it difficult to concentrate and solve problems?

Yes No

Feel irritable with everyone and everything in your life?

If you checked

5

or more items on this quiz,
please contact your doctor for help with depression.

If you feel suicidal, dial 988, to reach the

**SUICIDE
& CRISIS
LIFELINE**

available 24 hours a day, 7 days a week.

njhealth.org

1.877.CALL NJH (877.225.5654)

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