**Signs and Symptoms of Depression**

There are many signs and symptoms of depression to look for if you’re trying to figure out what is wrong with yourself or someone you’re close to. But remember, only a trained professional can diagnose anyone.

If you suspect that you or someone you love has a problem, please seek professional services for them.

* **Irritable Mood** – If you feel irritable pretty much all the time, as well as depressed, that is a sign of potential major depression - especially if this is not how you normally feel.
* **Overwhelming Sadness** – If you find that you’re crying a lot, and are sad about everything while having circle thoughts about this sadness, it’s a sign that you may have depression.
* **Loss of Interest** – If there are things that you used to love to do and now you cannot find any joy in doing them, that’s a sign of depression.
* **Weight Changes** – Often, depressed individuals have changes in appetite and either eat too much or eat too little.
* **Sleep Disturbances** – Many depressed people cannot sleep at night, or they sleep all the time and would rather sleep than do anything else.
* **Restlessness** – Some depressed people have described this as feeling as if they want to "do something" but they don’t know what it is. They are too sluggish to do anything but have an inner restless feeling of things not being right.
* **Sluggish and Tired** – This has been described as feeling as if you have lead in your veins and the inability to wake up fully. You just drag yourself around each day with no enthusiasm and with great effort.
* **Worthlessness** – Many depressed people feel unworthy and even describe themselves as hating themselves. They cannot find reasons why anyone else would want to be around them or why they are in this world.
* **Guilt Feelings** – Often, depressed people feel guilty a lot but not about anything they can define, other than they’re guilty that they can’t do the things they want to do and feel that they should do. But they feel helpless to help themselves.
* **Problems Concentrating** – Depression can make it hard to focus and concentrate on anything. The mind starts wandering around and before you know it, you’re confused about what you were doing in the first place.
* **Poor Decision Making** – Many depressed people don’t make good choices in their lives because they are trying to do anything to feel better. This may mean becoming a substance abuser, going shopping, gambling, having affairs and other things to mask the depression.
* **Thoughts of Dying** – Some depressed people think about dying a lot. They wish they would just not wake up when they go to sleep. This is one reason a lot of depressed people sleep a lot.
* **Thoughts of Suicide** - Not all depressed people think of suicide, but many will develop within their mind very well-thought-out plans on how they might kill themselves. They tend to run through various scenarios trying to pin down how they will do it.

If you or anyone you know have any of these causes, signs, and symptoms, please seek immediate professional help. You won’t just snap out of it; it won’t just go away.

Don’t be ashamed, because depression is a real illness with real help for anyone who seeks it.