

Symptoms doctors look for in diagnosing physiological depression:

1. Feelings of sadness, emptiness, or unhappiness.
2. Loss of interest or pleasure in normal activities.
3. Angry outbursts, irritability or frustration, even over small matters.
4. Sleep disturbances, including insomnia or sleeping too much.
5. Tiredness and lack of energy, so that even the small tasks take extra effort.
6. Changes in appetite.
7. Anxiety, agitation or restlessness.
8. Slowed thinking, speaking, or body movements.
9. Feelings of worthlessness or guilt, fixating on past failures or blaming yourself for things that are not your responsibility.
10. Trouble thinking, concentrating, making decisions, and remembering things.
11. Suicidal thoughts.
12. Unexplained physical problems, such as back pain or headaches.

Warning signs of suicide:

1. Depression.
2. Talking about death, and/or **no** reason to live.
3. Losing interest in things they used to care about.
4. Begins withdrawing from friends.
5. Starts putting affairs in order, tying up loose ends, and giving away prized possessions.
6. Starts visiting or calling people to say goodbye.
7. They switch from being very sad and agitated, to being calm, or even happy.
8. Begin saying things like, "It would be better for everyone if I wasn't here," or "I just want out."