



The Symptoms of Depression

Most people get a case of the “the blues” once in a while. If these feelings last for more than a few days, it could be a sign that the person is developing depression.

Depression Symptoms

- Impaired functioning, including an inability to cope with personal responsibilities and daily chores
- Frequent or persistent feelings of gloom, helplessness, or pessimism
- Sleep issues, such as difficulty falling asleep at night or staying asleep, sleeping or waking at odd hours, and sleeping too much or constantly feeling exhausted
- Feeling chronically tired or lacking energy
- Isolation or diminished interest in favorite activities
- Unusual changes in appetite, such as eating more or less than usual or disinterest in favorite foods
- Difficulty concentrating or focusing on routine tasks
- Feelings of guilt or worthlessness
- Relying on alcohol, drugs, or other addictive behaviors (such as gambling or smoking) to get through the day



LifeMatters Resources

- **Contact LifeMatters** by phone or text for immediate, in-the-moment support, available 24/7/365
- **Access Counseling** on mylifematters.com to schedule an appointment with a counselor

Quick Tips:

- Depression symptoms that last for more than a few days should be evaluated by a doctor or counselor
- Seek immediate help if you have recurring thoughts of death or suicide or are considering a suicide attempt
- Whether you are feeling depressed or are simply having a bad day, LifeMatters can help

1-800-634-6433

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mylifematters.com • Text* “Hello” to 61295 (U.S.)/204-817-1149 (Canada)
Call collect to **262-574-2509** if outside of North America
TTY/TRS 711 and language translation services are available

