Depression

To find out more visit
www.beyondblue.org.au

or call

1300 22 4636
(local call)

Over a million people in Australia live with depression.

With the right treatment, most people recover.

Talk to your doctor or another health professional.
Depression Checklist

To find out if you, or someone you know may have depression, complete the checklist below.

For more than **TWO WEEKS** have you:

1. Felt sad, down or miserable most of the time? __ Yes __
2. Lost interest or pleasure in most of your usual activities? __ Yes __

If you answered ‘YES’ to either of these questions, complete the symptom checklist below. If you did not answer ‘YES’ to either of these questions, it is unlikely that you have a depressive illness.

3. Lost or gained a lot of weight OR Had a decrease or increase in appetite? __ Yes __
4. Sleep disturbance? __ Yes __
5. Felt slowed down, restless or excessively busy? __ Yes __
6. Felt tired or had no energy? __ Yes __
7. Felt worthless? OR Felt excessively guilty? OR Felt guilt about things you should not have been feeling guilty about? __ Yes __
8. Had poor concentration? OR Had difficulties thinking? OR Were very indecisive? __ Yes __
9. Had recurrent thoughts of death? __ Yes __

Add up the number of ticks for your total score:

**What does your score mean?**

*(assuming you answered ‘YES’ to question 1 and/or question 2)*

4 or less: Unlikely to have a depressive illness
5 or more: Likely to have a depressive illness

For further assessment, or if you are concerned about any of these symptoms, please consult a doctor or another health professional.


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