

Depression Quiz: Check each answer based on how you have felt over the last week.

1) Do you become tearful or cry easily?

2) Do you sleep too much or have trouble getting enough sleep?

3) Do you tend to dwell on things much of the time?

4) Do you feel hopeless or helpless about circumstances in your life?

5) Do you have thoughts of suicide or wanting to die?

6) Do you have problems with not wanting to eat or eating too much?

7) Do you feel tired or fatigued much of the time?

8) Do you tend to isolate yourself from social situations?

9) Do you struggle with feelings of guilt and/or shame?

If you checked 3 or more of the above answers, you may be suffering from depression. If you checked #5, you should seek professional help as soon as possible. To find out more about how I can help, please call or e-mail me at 512-374-0100 or scott@scottkampschaefercsw.com