



WELLNESS WORKSHEET 27

Recognizing Signs of Depression and Bipolar Disorder

You should get evaluated by a professional if you've had five or more of the following symptoms for more than 2 weeks or if any of these symptoms cause such a big change that you can't keep up your usual routine.

When You're Depressed:

- ___ You feel sad or cry a lot, and it doesn't go away.
- ___ You feel guilty for no reason; you feel you're no good; you've lost your confidence.
- ___ Life seems meaningless, or you think nothing good is ever going to happen again.
- ___ You have a negative attitude a lot of the time, or it seems as if you have no feelings.
- ___ You don't feel like doing a lot of the things you used to like—music, sports, being with friends, going out, and so on—and you want to be left alone most of the time.
- ___ It's hard to make up your mind. You forget lots of things, and it's hard to concentrate.
- ___ You get irritated often. Little things make you lose your temper; you overreact.
- ___ Your sleep pattern changes. You start sleeping a lot more or you have trouble falling asleep at night; or you wake up really early most mornings and can't get back to sleep.
- ___ Your eating pattern changes. You've lost your appetite or you eat a lot more.
- ___ You feel restless and tired most of the time.
- ___ You think about death or feel as if you're dying or have thoughts about committing suicide.

When You're Manic:

- ___ You feel high as a kite . . . like you're "on top of the world."
- ___ You get unrealistic ideas about the great things you can do . . . things that you really can't do.
- ___ Thoughts go racing through your head, you jump from one subject to another, and you talk a lot.
- ___ You're a nonstop party, constantly running around.
- ___ You do too many wild or risky things—with driving, with spending money, with sex, and so on.
- ___ You're so "up" that you don't need much sleep.
- ___ You're rebellious or irritable and can't get along at home or school or with your friends.

If you are concerned about depression in yourself or a friend, or if you are thinking about hurting or killing yourself, talk to someone about it and get help immediately. There are many sources of help: a good friend; an academic or resident adviser; the staff at the student health or counseling center; a professor, coach, or adviser; a local suicide or emergency hotline (get the phone number from the operator or directory) or the 911 operator; or a hospital emergency room.

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INTERNET ACTIVITY

Use the Internet to learn more about depression—its causes, symptoms, risks, and treatment. Visit one of the following sites or do a search to locate a different depression-related site.

American Psychiatric Association: <http://www.psych.org>

American Psychological Association: <http://www.apa.org>

Depression and Bipolar Support Alliance: <http://www.dbsalliance.org>

Depression Screening: <http://www.depressionscreening.org>

National Institute of Mental Health: <http://www.nimh.nih.gov>

Visit at least one site; describe the resources and information available about depression.

URL: _____

Description of site/information available:

What was the most surprising fact about depression that you learned from the site?