

## **ARE YOU DEPRESSED?**

Ask yourself the following questions:

- 1) Do you feel sad most of the day?
- 2) Do you feel like a failure?
- 3) Have you lost interest in things you used to enjoy?
- 4) Do you think about killing yourself?
- 5) Do you have trouble concentrating?
- 6) Do you feel that you look ugly?
- 7) Do you feel worthless?
- 8) Do you feel hopeless about the future?

If you answered "yes" to 4 or more of these questions, then you may be suffering from depression. Talk to your physician or counselor about getting the help you need.

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If you answered "yes" to 4 or more of these questions, then you may be suffering from depression. Talk to a teacher, your school counselor, your parents or your doctor about getting the help you need.

