

Could You be Struggling With Depression?



Take a moment to check in with yourself, in the past couple of weeks have you noticed any of the following?

	YES	NO
I've been finding it harder to enjoy the things I usually like	☐	☐
I've been feeling down, sad, or hopeless more often than usual	☐	☐
I've been having trouble with sleep (sleeping too much or too little)	☐	☐
I've been feeling more tired or low on energy	☐	☐
My appetite has changed (eating more or less than usual)	☐	☐
I've been overly critical of myself or feeling like I'm not "good enough"	☐	☐
I've been struggling to concentrate or stay focused	☐	☐
I've been unusually restless or slowed down	☐	☐
I've been feeling overwhelmed by emotions or like I'm struggling to cope	☐	☐

Things to Consider

- A “yes” does not necessarily mean you are experiencing depression.
- Consider how often these experiences occur, how intense they feel, and how much they affect your daily life.
- Think about whether these changes are different from your usual self and have lasted two weeks or longer.
- Stress, grief, life changes, health, medications, and other concerns can cause similar experiences.

Summary of Results

0-2 “yes”	You may be noticing a few changes in your well-being. Keep an eye on how you’re feeling, especially if they persist or affect daily life.
3-5 “yes”	Several experiences associated with depression may be present. Consider reaching out for support, particularly if they have lasted two weeks or are affecting daily life.
6+ “yes”	You are noticing several experiences commonly associated with depression. Consider speaking with a mental health professional or healthcare provider for further support.

Adapted from the Patient Health Questionnaire-9 (Kroenke et al., 2001) for education and self-reflection purposes only. This is not a diagnostic tool. Kroenke, K., Spitzer, R. L., & Williams, J. B. (2001). The PHQ-9: validity of a brief depression severity measure. Journal of general internal medicine, 16(9), 606–613. <https://doi.org/10.1046/j.1525-1497.2001.016009606.x>