

Depression Risk Assessment

Depression can happen to children, adolescents, and adults. It can be caused by an event or situation or by genetics. It can come on suddenly or over time. Could you or someone you love be struggling with depression?

Do you feel down, sad, "blue" or depressed most of the time?	Yes	No
Are you tired, want to sleep or sleep more than normal?	Yes	No
Are you having a difficult time concentrating on things, more than normal?	Yes	No
Have you or someone you know noticed that you are more irritable lately?	Yes	No
Do you have less of a desire to be around your friends and family?	Yes	No
Is it harder to find the energy to do things lately?	Yes	No
Do you not feel like eating much?	Yes	No
Do you find yourself eating more even though you are not hungry?	Yes	No
Are you having trouble sleeping lately?	Yes	No
Are you feeling more agitated or restless?	Yes	No
Have you ever had, or are currently having thoughts about harming yourself?	Yes	No
Have you tried to harm yourself recently?	Yes	No
Have you had thoughts about just wishing you would disappear, go away or die?	Yes	No
Do you feel helpless and/or hopeless?	Yes	No
Have you lost interest in things that used to be fun?	Yes	No

If you have answered "Yes" to three or more of these questions, it is advisable for you to seek a professional evaluation and possible treatment. If you are having thoughts of wanting to harm yourself or wanting to die, it is important that you call your doctor, go to the nearest emergency room or call 911. Depression is a curable disease. Psychotherapy can help along with the use of medication if needed. You and your family do not have to continue to live this way, Pathway Counseling Services can help. Please call Pathway Counseling Services at 281-205-1355 to make an appointment for a full evaluation and recommendations.