



Know the Signs of Depression and Anxiety

There are days when you may not feel your best. For some people, days like these can turn into weeks or months. If you feel down, are constantly worried, or feel irritable nearly every day, you might be experiencing symptoms of depression or anxiety.

Depression

more than just the blues

Sadness is one symptom of depression, but there are many others. Talk with your provider if you have signs like these for at least two weeks:

- You don't enjoy the things or activities that you used to like
- You feel empty, worthless or helpless
- You have trouble concentrating or making decisions
- You're fatigued, even after sleeping well
- You're thinking of hurting yourself

Anxiety

when worrying goes overboard

Although occasional anxiety is normal, persistent anxiety can interfere with your daily life. There are several types of anxiety disorders, including:

- **Generalized Anxiety Disorder** — Symptoms include excessive worry, sweating or trouble sleeping
- **Panic Disorder** — Sudden bouts of extreme fear known as panic attacks
- **Social Anxiety Disorder** — Overwhelming fear of embarrassment or judgement in social settings

Asking for help, or supporting a loved one in getting care, is the first step toward improving mental health.