

Name: _____

Date: _____

Depression: Signs & Symptoms

N F P A O L K I Z B I Q G C N D M S K Z H Q Y C
E D F A T I G U E F I N I E P F N E Y O E P X U
G I R N L R Z X C J V J B J I C H M L O L P V S
A F Z Q J I F K C O N T F U H W E W O I P B W L
T F W K W V R I U G K O Q D R I A A S R L T X E
I I O R L K T T G Z P J M N S T D F S H E T W E
V C F H O P E L E S S N Z M Q H A C O P S P M P
E U E Z S E X Y C Z T U A L O D C L F X S Z Q I
M L E V S W A Q B H C M P E Q R H O A W W C Z N
I T L J O G C C A S R B V A Z A E D P N Y L M G
N Y I S F Y X N H S Y K S N Y W S P P J B M V I
D R N M C M L W G S N L T A F I W J E Q K H N S
S E G D O L P W G T H M N W S N X Q T M E A P S
E M W M N Y S E L F H A R M S G Y L I B Z D I U
T E O T C C H V Y I M Y Z D L F S O T F N W M E
O M R H E R U N D O W N O V E R W H E L M E D S
O B T R N E S C R N P C P Q R O E U V S Q M J Z
C E H F T M Z M O B M T U B F M B R N C P Y D V
Z R L S R O V U C J N K F E X O S R T N Z K C J
Y I E K A F N H T F P O O T C T T E P O B Y I J
J N S W T Q P F E C H I O G N H Q E G E W R W V
W G S S I X S D M C N A A N O E O K Y T J O L U
B J A F O O L B E B A O V O N R I C G J U W S Z
P E N U N X K G R W N F Q R Q S L P J Z G A I G

Withdrawing from others

Difficulty Remembering

Loss of Concentration

Feeling Worthless

Loss of appetite

Negative Mindset

Sleeping Issues

Overwhelmed

Headaches

Self Harm

Helpless

Hopeless

Run Down

Fatigue

Numb