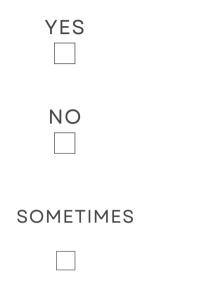
ARE YOU SUFFERING FROM DEPRESSION?

Take Our Five-Minute Depression Quiz

1. Do you often have feelings of sadness, hopelessness, or irritability that interfere with how you think and experience everyday activities such as sleeping, eating, and managing your daily tasks?



2. Has medication and traditional therapy helped your symptoms in the past?



3. Has your appetite changed from what it used to be, either eating a lot less or a lot more than usual?



4. Do you have thoughts of suicide?



5. Are you having difficulty concentrating or making decisions?

YES	
NO	
SOMETIMES	

6. Is your mood or behavior affecting your relationships with your spouse, family and friends?



7. Have you lost interest in many activities you used to enjoy?



8. Do you feel down today?



SOMETIMES

MOOD TRACKER

	J	F	М	A	М	J	J	A	s	0	N	D	MANTRA OF THE YEAR
1													
2													
3													
4													
5													
6													K E Y S
7													AMAZING
8													GOOD
9													
10													
11													AVERAGE
12													RELAXED
13													EXHAUSTED
14													DEPRESSED
15													BORED
16													
17													SICK
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