

## **DEPRESSION CHECKLIST**

Refer the student to the school psychologist or medical doctor if 4 or more of the following symptoms have persisted for longer than 2 weeks, or if any of the following symptoms are present and there are other risk factors involved.

METHOD: Ask the student which of the following describes him/her well over the past two weeks or more.

### DEPRESSION

You feel sad a lot, and it doesn't go away.

You feel guilty; you think you're no good; you have no confidence.

Life seems meaningless, and you don't think anything good is ever going to happen again. You feel empty and hopeless.

You lose interest in ordinary pleasures like music, sports, friends, or having fun. You really want to be left alone most of the time.

It's hard to make up your mind. You forget things, and it's hard to concentrate.

You get angry and irritated often. You're so touchy that you lose control for no particular reason. You over-react.

You feel restless or tired most of the time.

You think about death a lot or thoughts about suicide pop into your mind.

### MANIA

You feel high as a kite....you think you're super.

You get unreal ideas about the great things you're going to do...things you never really could do.

Thoughts go racing through your head.

You're a non-stop party, constantly running around.

You take too many dumb chances like wild driving.

You're so 'up' that you don't need much sleep.

You're rebellious, goof off at the wrong time, and don't get along at home or at school.