



DEDCOMAL QUANCES

RECOGNIZING THE SIGNS OF DEPRESSION

We have all felt depressed at times, becoming frustrated and discouraged with life. But when the depressed mood persists for a few weeks, deepens, and/or starts interfering with everyday life, it may be clinical depression.

Depression may begin gradually or suddenly. To others, a depressed person will appear more withdrawn than usual. Although no two people will experience this illness in exactly the same way, there are common signs of depression. A person with depression will start to exhibit any number of the following signs:

PERSONAL CHANGES	
	Irritability/hostility
	Withdrawal from, or extreme dependence on others
	Hopelessness/despair
	Slowness of speech
	Chronic fatigue
	Alcohol/drug abuse
WORKPLACE CHANGES	
	Difficulty in making decisions
	Decreased productivity
	Inability to concentrate
	Decline in dependability
	Unusual increase in errors in work
	Being prone to accidents
	Frequent tardiness, increased "sick" days
	Lack of enthusiasm for work

Someone who has been experiencing several of these signs for more than a few weeks should seek help.

This excerpt is from the brochure entitled *Depression in the Workplace*, published by the Canadian Mental Health Association National Office. The full text is available online at www.cmha.ca. CMHA/Peel Branch at 905-451-2123 or info@cmhapeel.ca provided this information for your convenience. This does not replace consultation with your doctor or the potential need to seek medical advice. Permission required for reproduction.