

# Know the Signs of Depression and Anxiety

**Some days you just don't feel your best.** But for some people, those days turn into weeks or months. If you feel down all the time or worry constantly, or you're irritable nearly every day, you might have a mental health condition such as depression or anxiety. Don't worry—these conditions can be treated!



## 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 such as these for at least two weeks:

- You don't enjoy the things and 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 Disorders: When Worrying Goes Overboard

Occasional anxiety is normal. But sometimes anxiety won't go away, and that can interfere with your daily life.

There are several types of anxiety disorders. Common ones include:

- **Generalized anxiety disorder (GAD).** People with GAD worry excessively. They also may have physical symptoms such as sweating or trouble sleeping.
- **Panic disorder.** Panic attacks—sudden bouts of extreme fear—are the key symptom of panic disorder.
- **Social anxiety disorder.** People with social anxiety have a strong fear of embarrassment or judgement in social settings.



## Bipolar Disorder: Extreme Moods

Bipolar disorder is also called manic-depressive illness. People with bipolar disorder have unusual mood changes and intense emotions. During a manic episode, they feel very "up" and have a lot of energy. But during a depressive episode, they have bouts of sadness or feel hopeless.



## Seasonal Sadness: More Than a Phase

People with seasonal affective disorder (SAD) have depression that comes and goes with the seasons. It usually starts in the late fall and early winter.

Talk with your health care provider if you think you might have a mental health condition. Mental health conditions are treatable. Your provider may suggest medication, counseling or both.