

# Could YOU Be Depressed?

Have you lost interest or pleasure in doing things?

Yes            No

Have you been feeling down, depressed, or hopeless?

Yes            No

Have you been feeling tired or do you have little energy?

Yes            No

Have you had a poor appetite or been overeating?

Yes            No

Have you been feeling bad about yourself or feeling that you are a failure?

Yes            No

Have you had trouble falling asleep, staying asleep, or sleeping too much?

Yes            No

Have you had thoughts about hurting yourself or that you would be better off dead?

Yes            No



If you answered **Yes** to any of these questions, you should see your primary care provider right away to discuss your symptoms and treatment options.

If you have questions or want to learn more about depression, please call Pam at the Upper Peninsula Health Plan at 1-888-904-7526, extension 7504.