

## Depression Screening Quiz

Check the questions that apply to you

		YES
1.	Do you feel sad, down, or depressed much of the time?	
2.	Have you lost interest in things you used to enjoy (i.e. family, friends, hobbies, career)	
3.	Do you feel tired and exhausted much of the time?	
4.	Are you very critical of your self?	
5.	Do you have difficulty sleeping or are you overly tired and sleepy?	
6.	Do you have difficulty making decisions and/or concentrating?	
7.	Do you often feel worthless or inadequate?	
8.	Do you over eat or binge or has your appetite decreased?	
9.	Do you frequently feel irritable, resentful or angry?	
10.	Do you have excessive concerns about your health and well being?	
11.	Do you have re-occurring thoughts of death or suicide?	
12.	Do you sometimes feel restless, anxious or cornered?	

If you checked yes to 5 or more of the screening questions you may be experiencing some of the symptoms of depression. We recommend you to speak to a counsellor and/or family doctor immediately about how you are feeling.