



## DEPRESSION AND SUICIDE:

### Knowing the symptoms of depression:

- Withdrawal from friends, family and school activities
- Sadness or hopelessness
- Lack of enthusiasm, energy or motivation
- Anger or rage
- Overreaction to criticism
- Feelings of being unable to meet expectations
- Low self-esteem or guilt
- Indecision, lack of concentration or forgetfulness
- Restlessness, agitation and irritability
- Changes in eating or sleeping patterns
- Substance abuse
- Thoughts or talk of suicide

### Recognize the warning signs of suicide:

- Suicide threats
- Suicide plans
- Suicide attempts
- Giving away belongings
- Obsession with death
- Decreased interest in friends
- Dramatic change in personality or appearance
- Irrational or bizarre behavior
- Overwhelming sense of guilt, shame or rejection
- Changes in eating or sleeping patterns
- Changes in school performance
- Irritability
- Facebook, myspace or twitter posts about suicide.

### WHAT YOU CAN DO:

- **Offer help and listen.** Listen without judgment—don't lecture!
- **Trust your instincts.** Break a confidence, if necessary, in order to save a life.
- **Pay attention to talk about suicide.** Ask directly about suicide.
- **Seek professional help.** Talk to a therapist—as an individual and as a family. There is no shame in getting some support.

### RESOURCES:

**ACCESS (24-hr crisis line) #832-3100, Neighbor Islands: (800) 753-6879**





## DEPRESSION SELF-SCREENING QUESTIONNAIRE

This is a questionnaire\* used to detect depression. Depression is a common biological illness that can affect people from all walks of life—and it is treatable.

Over the *last 2 weeks*, how often have you been bothered by any of the following problems?

Circle the answer	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3
Trouble falling/staying asleep, sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself – or that you are a failure or have let yourself or your family down.	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
Thoughts that you would be better off dead or of hurting yourself in some way.	0	1	2	3

Add Columns:

+  +

TOTAL SCORE:

=

### What your score means:

**0-4** No depression      **10-14** Moderate depression      **20+** Severe depression  
**5-9** Mild depression      **15-19** Moderately severe depression

**If your score indicates you may have depression, please see your doctor or a mental health provider or call Mental Health America of Hawai'i, 521-1846 (Oahu). If you are severely depressed and would like immediate assistance, please call the ACCESS crisis line, 832-3100 (Oahu) or 1-800-753-6879 (Neighbor Islands), or call 911. Depression is a common and treatable illness. You deserve to feel better!**

\*This questionnaire, the PHQ-9, is adapted from PRIME MD TODAY, developed by Drs Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, et al, with an educational grant from Pfizer Inc. For research information, contact Dr. Spitzer at rls8@columbia.edu. Copyright ©1999 Pfizer Inc. All rights reserved. PRIME MD TODAY is a trademark of Pfizer Inc