

Do you know signs of depression...

... And how to reach out for help
for yourself or a loved one?

University of Miami
Faculty and Staff Assistance Program
www.fsap.miami.edu
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Mental and Emotional Symptoms

- Persistent sadness or anxious mood
- Hopelessness or pessimism
- Loss of interest in activities or hobbies previously enjoyed
- Feelings of guilt or worthlessness
- Restlessness or irritability
- Difficulty concentrating or making decisions
- Thoughts of death or suicide

Physical Symptoms

- Change in appetite
- Weight loss or gain
- Unexplained aches and pains
- Digestive disorders
- Headaches
- Needing to sleep too much or having insomnia
- Low energy or fatigue

If you think a friend or loved one might have depression, you can help by:

- Reminding them that they are not alone
- Asking how you can support them
- Listening to their concerns and needs
- Helping them find reliable information
- Encouraging them to get help
- Asking if they are having thoughts of self-harm or suicide
- Not judging or criticizing them
- Being patient
- Taking care of your own mental health

You can help yourself or a friend by taking a mental health screening and getting connected to local resources at

<http://screening.mentalhealthscreening.org/miamifsap>