

## Signs of Depression in Men: A Checklist

- ✓ Do you find that you have been making bad choices at work, has your performance decreased and are you feeling less competent than in the past?
- ✓ Are you getting into more conflict with your coworkers, spouse or friends?
- ✓ Do you feel exhausted and tired all the time?
- ✓ Do you feel less confident in your capabilities than you did in the past?
- ✓ Do people tell you that you are moody?
- ✓ Do you find yourself uninterested in sex, or engaging in sexual activities that are risky or that you later regret?
- ✓ Do you feel suddenly like you are constantly being criticized?
- ✓ Do you notice you are thinking a lot about how bad the world is and everyone around you is?
- ✓ Have you suddenly been drinking more or using drugs or are you using these more than usual?
- ✓ Do you wonder if you will ever be satisfied and happy again?
- ✓ Do you find yourself thinking you aren't very good at anything?
- ✓ Do you suddenly feel suspicious and paranoid and distrustful of people around you?
- ✓ Do you find yourself wishing you could just get away from your life and how you are feeling?
- ✓ Are people around you telling you are acting irritable or angry or withdrawn?
- ✓ Are you having trouble sleeping?
- ✓ Do you feel less interested in things you used to enjoy?