

## Resource page for March 14, 2020, OPTION 1

If you are experiencing two or more of these, for two weeks or more at a time, please talk with your parents, guardians, or another trusted adult.

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause

Source: National Institute of Mental Health

### RESOURCES

- <https://www.nimh.nih.gov/health/topics/depression/index.shtml>
- <https://fulleryouthinstitute.org/articles/naming-navigating-depression>