

(un)cancer

Mental
Health
Checklist

Common symptoms of clinical depression to look out for

- Moving or speaking so slowly that other people have started noticing.
 Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual
- Feeling sad, hopeless, or 'empty' almost every day for most of the day
- Loss of interest or pleasure in activities that you once enjoyed
- Major weight loss (when not deliberately trying to lose weight) or weight gain
- Sleep changes (can't sleep, broken sleep, or oversleeping)
- Extreme tiredness or low energy levels almost every day
- Feelings of guilt, worthlessness, and helplessness
- Trouble focusing, remembering, or making decisions
- Frequent thoughts of death or of hurting yourself
- Unmanageable, constant mood swings going from anxiety to sadness