CHECKLIST **When to Get Professional Help**

Tick anything that has been true on most days for two weeks or more, for you or for someone you live with. If you tick anything, make an appointment with a doctor or a licensed therapist in the next few days. Thoughts of harming yourself don't need two weeks or a checklist: talk to a doctor today.

- ☐ Almost nothing brings pleasure anymore, including things that used to be favorites.
- ☐ The mood has been low, flat or empty for most of the day.
- ☐ Sleeping or eating has shifted a lot, more or less than usual.
- ☐ Ordinary things at home, at work or with family feel much harder to manage.
- ☐ Looking for small good things leaves only a blank, or makes things feel worse.

Who I'll call, and when: _____

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