CHECKLIST **When to Get Professional Help**

*These aren't a diagnosis. Any one of them is a good reason to talk to a doctor or licensed therapist soon.*

- ☐ My mood has been low, or I've lost interest in most things, on most days for two weeks or more.
- ☐ My sleep or appetite has changed, and it isn't settling back.
- ☐ I feel worthless or guilty most of the time, not just on bad days.
- ☐ I've had thoughts of hurting myself.
- ☐ Thoughts about food, exercise or my body are taking over my days.
- ☐ Someone in my life controls me, threatens me or hurts me.

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