CHECKLIST **Signs It's Worth Talking to Someone**

Tick any that fit you. One tick is enough reason to make an appointment.

- ☐ For a month or more, nearly every day has felt like a low-gear day, even with small ramps.
- ☐ Stuck tasks are now causing real harm, such as trouble keeping a job, bills going unpaid or strain in close relationships.
- ☐ My mood has been flat, sad or empty on most days for two weeks or longer.
- ☐ Things I used to enjoy have stopped feeling good.
- ☐ Worry, panic or a racing mind gets in the way of ordinary tasks.
- ☐ My sleep or appetite has changed a lot, and it hasn't settled.
- ☐ I've had trouble starting, focusing or keeping track of time since I was a child, and I'd like to know why.
- ☐ I'm relying on alcohol, drugs or other habits to get through the day.
- ☐ I've had thoughts of hurting myself or of not wanting to be alive.

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