

Symptoms of Depression (Adults and Teens)

- Ongoing sad, anxious, or “empty” mood
- Feeling hopeless or helpless
- Feeling pessimistic or negative
- Having low self-esteem
- Feeling inadequate or worthless
- Excessive guilt
- Recurring thoughts of death or suicide, wishing to die, or attempting suicide
(People with this symptom should get treatment right away! Suicide hotline 800-273-8255)
- Loss of interest in usual activities or activities that were once enjoyed, including sex
- Relationship problems (parent, partner, spouse, boss, etc.)
- Avoidance of social interactions - isolating
- Changes in appetite and/or weight
- Decreased energy or fatigue
- Trouble concentrating, remembering details, and making decisions
- A decrease in the ability to make decisions
- Frequent physical complaints (for example, headache, stomach ache, or tiredness) that don't get better with treatment
- Self-harming behaviors (cutting, engaging in activities you know aren't good for you)
- In teens, running away or threats of running away from home.
- Missing work or school. Poor grades at school or poor performance at work.
- Very sensitive to failure or rejection
- Irritability, hostility, or aggression
- Insomnia, early-morning wakefulness, or sleeping too much
- Restlessness

Symptoms of Mania or Hypomania

Hypomania is a less severe form of mania. While both mania and hypomania may feel good, mania is more out-of-control. Because hypomanic symptoms are generally rewarded in Western cultures, they often go undiagnosed.

- Disconnected and very fast (racing) thoughts
- Grandiose beliefs (e.g. convicted of own importance, have special powers)
- Inappropriate elation or euphoria
- Inappropriate irritability
- Inappropriate social behavior
- Markedly increased sexual desire
- Increased sensations such as touch or smell
- Increased talking speed or volume
- Markedly increased energy
- Increased risk taking, impulsive behaviors or poor judgment
- A decreased need for sleep due to high energy
- Psychosis (e.g. hearing or seeing things that others do not)