

DEPRESSION: KNOW THE SIGNS

Depression is the leading cause of mental health issues – and recognising it is the first step to getting help.

All of us have bad days, but the key to recognising there may be a more serious problem is the frequency of the symptoms below. Understanding the signs can help you know whether to seek professional advice.

EMOTIONAL/BEHAVIOURAL SYMPTOMS



- Displaying unusual behaviour or changes in usual behaviour
- Being withdrawn
- Aggression or tearfulness
- Loss of humour
- Loss of confidence
- Disruptive behaviour
- Inability to concentrate on tasks, increased errors, missing deadlines or forgetting tasks
- Increased consumption of caffeine, alcohol, cigarettes and/or sedatives
- Difficulty remembering things
- Poor job performance
- Becoming withdrawn, not participating in conversations or social activities and spending increasing amounts of time alone in cabins
- An employee who is normally punctual frequently arriving late



FEELINGS

- Irritable
- Anxious
- Overwhelmed
- Worthless
- Frustrated
- Unhappy
- Disappointed
- Sad
- Indecisive
- Unmotivated



PHYSICAL SYMPTOMS

- Suffering from frequent minor illnesses, headaches or stomach upsets
- Difficulty sleeping or constant tiredness or feeling of fatigue
- Lack of care over appearance
- Sudden weight loss or gain
- Minor physical ailments
- Displaying unusual behavior or marked changes in behavior



THOUGHTS

- 'I am a failure'
- 'It's my fault'
- 'Nothing good ever happens to me'
- 'I'm worthless'
- 'Life is not worth living'

DEPRESSION: SHOULD YOU GET HELP?

Depression is the leading cause of mental health issues – and recognising it is the first step to getting better. The simple checklist below can help you know whether you should seek professional support.

FOR MORE THAN TWO WEEKS HAVE YOU:

1. Felt sad, down or miserable most of the time?
2. Lost interest or pleasure in most of your usual activities?

If you answered "yes" to either of these questions, complete the symptom checklist below. If you did not answer "yes" to either of these questions, it is unlikely that you have a depressive illness.

3. Lost or gained a lot of weight or had a decrease OR increase in appetite?
4. Had sleep disturbance?
5. Felt slowed down, restless or excessively busy?
6. Felt tired or had no energy
7. Felt worthless? OR Felt excessively guilty? OR Felt guilt about things you should not have been feeling guilty about?
8. Had poor concentration? OR Had difficulties thinking? OR Been very indecisive?
9. Had recurrent thoughts of death?

Add up the number of ticks to questions 3 – 9 for your total score:

What does your score mean?

(assuming you answered "yes" to question 1 and/or question 2)

4 or less: unlikely to have a depressive illness.

5 or more: likely to have a depressive illness.

For further assessment, or if you are concerned about any of these symptoms, please call our confidential 24/7 helpline on +1-938-222-8181 or instant chat via: sailors-society.org/wellness

Remember, depression is treatable and effective treatments are available – the earlier you seek help, the better.

Please note, this test does not diagnose you, but instead raises any red flags and assists you to know when to seek help. We've been talking a lot about where to get help and I want to again remind you that Sailors' Society's team is there for you.