

About 70% of those who committed suicide had Major Depression

A person has Major Depression if the following five (or more) symptoms have been present during the same two-week period:

(1) Feeling really unhappy or irritable most of the day, nearly every day

Or:

(2) A loss of interest in all friends and favorite activities most of the day, nearly every day

Plus 4 or more of the following:

(3) Excessive weight loss (when not dieting) or weight gain

(4) Trouble sleeping or sleeping too much nearly every day

(5) Slowness of thought, speech and activity or else extreme restlessness or excessive crying

(6) Feelings of low energy or fatigue nearly every day

(7) Thinking errors (feeling helpless, hopeless, worthless, too much shame or guilt nearly every day)

(8) Difficulty concentrating, making basic decisions and doing school work nearly every day

(9) Frequent thoughts of death or suicide