Life is Good
From the
Western CT Area Agency on Aging and
Northwest Regional Mental Health Board

These may be signs of depression if they are experienced on an ongoing basis.

- Ongoing feelings of sadness. Anxiety or "empty" mood. Often tear-y-eyed or crying.
- Ongoing feelings of grief over loss or illness.
- Feeling worthless, guilty that you are a burden.
- Feeling very tired even after sleeping a reasonable amount, or unable to sleep.
- Feeling restless, irritable or agitated.
- Having no energy to do basic daily activities.
- Eating more or less than before, weight gain/loss.
- Not enjoying the things you used to.
- Feeling that nothing is worthwhile, no activities are interesting.
- Having persistent physical symptoms that do not respond to treatment (including headaches, chronic pain, digestive disorders).
- Using alcohol or drugs to feel better.
- Difficulty concentrating, making decisions, remembering things.
- Continuously complaining.
- Not bathing or changing clothes.
- Low self esteem or thinking about suicide or death.

**Depression is not a normal part of aging.**

If you or a loved one is experiencing any of these symptoms, contact your Physician or Mental Health Professional.

**Western CT Area Agency on Aging**
(800) 994-9422 or (203) 757-5449

**Northwest Regional Mental Health Board, Inc.**
(203) 757-9603

**Waterbury Hospital/Crisis Service**
(203) 573-6500

**Mobile Crisis/24-hour Hotline (adults/over 18)**
Danbury/Torrington: 1-888-447-3339
Waterbury: 1-866-794-0021

**Crisis/Mobile Crisis (children under 18)**
Call 211