Persistent sad, irritable, anxious or empty mood
Feeling of hopelessness, pessimism, guilt or worthlessness
Loss of interest or pleasure in ordinary activities
Sleep disturbances (insomnia or oversleeping)
Eating disturbances (increased or decreased appetite/weight)
Decreased energy or feeling slowed down and fatigued
Thoughts of death or suicide; suicide attempts
Increased restlessness or irritability, difficulty with concentration, remembering and making decisions
Physical symptoms (headaches, digestive problems or chronic pain) that does not respond to medical treatment
Feeling alone or isolating yourself from others