

# ARE YOU EXPERIENCING DEPRESSION?

## *Are you...*

- ...having a difficult time making a decision? Y/N*
- ...finding it more difficult to concentrate? Y/N*
- ...avoiding coworkers, friends and family members? Y/N*
- ...feeling overly sad or hopeless for more than a few days? Y/N*
- ...sleeping more than usual? Y/N*
- ...no longer participating in the activities you once enjoyed? Y/N*
- ...experiencing a lack of energy, enthusiasm and motivation? Y/N*
- ...finding an increased or new interest in risky activities outside your organization such as extreme sports, high-speed driving or reckless motorcycle riding? Y/N*
- ...quick to anger or lash out more than normal? Y/N*
- ...feeling that you are having a more difficult time dealing with challenges in your personal life? Y/N*
- ...using drugs or alcohol as an escape? Y/N*
- ...openly talking about suicide? Y/N*

*Depression is a silent killer in First Responders because it often builds up slowly, unnoticed, due to constant work-related fatigue and other stressors. In some cases, it is dismissed as just feeling down or under the weather.*

Depression may be a contributing factor to alcoholism and drug abuse, marital and relationship problems, career problems, and even suicide. Though Depression may be debilitating to an individual, with the right help, Depression may be a temporary condition and recovery is possible.

If you answered “Yes” to 4 or more questions, you may be experiencing Depression. It is recommended that you seek out a mental health professional to receive a formal evaluation.

For further information about Depression and recovering from Depression, please contact SC4I.



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