

# Symptoms of Depression



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Psychosocial Oncology

***Depression can affect your ability to cope with daily life. The following are some symptoms that you might experience. If you are experiencing most of these symptoms every day for more than 2 weeks, see your family doctor and/or make an appointment with a psychosocial oncology professional at Patient & Family Counselling Services.***

- Persistent sadness and/or anxiousness, or “empty” mood
- Feelings of hopelessness
- Feelings of guilt, worthlessness, helplessness
- Nothing cheers you up or lifts your mood
- Loss of interest or pleasure in hobbies, activities and relationships that you used to enjoy
- Decreased energy or increased fatigue
- Difficulty concentrating, remembering and/or making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Restlessness and irritability
- Obtrusive thoughts of death
- Suicidal thoughts, plans or suicide attempts (**seek help immediately from a professional**)