**DEPRESSION SELF-aSSESSMENT**

**If you answer “yes” to 1 or more of these statements it may be beneficial for you to schedule an appointment with an OTC counselor and to utilize our community resources that we have included in the links below.**

Top of Form

Over the last 2 weeks, how often have you been bothered by any of the following problems?

1. Persistent sad, anxious, or “empty” mood
2. Feelings of hopelessness, pessimism
3. Feelings of guilt, worthlessness, helplessness
4. Loss of interest or pleasure in hobbies and activities
5. Decreased energy, fatigue, being “slowed down”
6. Difficulty concentrating, remembering, making decisions
7. Difficulty sleeping, early-morning awakening, or oversleeping
8. Appetite and/or weight changes
9. Restlessness, irritability
10. Persistent physical symptoms
11. Thoughts of death or suicide, suicide attempts

If you’re thinking about suicide or are worried about someone else please call these hotlines or 911:

* National Suicide Crisis Line:  1-800-273-TALK (8255)  
  Is answered 24 hours a day and calls are transferred to cities all across the country to connect individuals with a trained professional who is based locally for the caller.
* State of Missouri Crisis Hotline for Hearing Impaired:  1-888-380-3328 (TTY)
* Veterans Crisis Line:  call 1-800-273-8255 and press 1.  You can also text to 838255.
* Local Crisis Hotline for the Springfield, Missouri Surrounding Area:  417-761-5555 (Burrell Behavioral Health)
* Help-Line for Self-Injury: 1-800-366-8288
* Crisis Text Line: Text HOME to 741741

<https://students.otc.edu/counselingservices/appointment-request/>

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