A PAUSE, A PRACTICE, A NEXT STEP

Major Depressive Disorder

When your mood or interest in life changes for weeks.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Describe one change

Pick something you used to do most days. Write when you stopped doing it and how that has affected you. Bring that example to your visit.

01 / Notice and reflect

What has changed from a usual day for me?

02 / Notice and reflect

Who could help me make an appointment?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Reach out when your mood makes it hard to manage school, work, meals, or basic care. You can ask for help as soon as you notice a change. If you feel unable to stay safe, seek immediate human support.

Read more: National Institute of Mental Health · Depression

More tools and immediate support: Our Healing Room / Crisis Support.