A PAUSE, A PRACTICE, A NEXT STEP

Persistent Depressive Disorder

When a low mood has felt familiar for a long time.

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.

Use a familiar date

Think back to a birthday, a school year, or a move. How were you feeling then? A rough memory can help a clinician understand the pattern.

01 / Notice and reflect

How far back do I remember feeling this way?

02 / Notice and reflect

What everyday change would tell me that care is helping?

03 / One next step

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

When to seek help: Tell your provider if low mood has started to feel like your usual self. You deserve support even if you still go to school or work. If your symptoms get worse, let your care team know.

Read more: MedlinePlus · Persistent depressive disorder

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

U.S. crisis support: call or text 988. In immediate danger, call 911.