



New York State Bar Association

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DEPRESSION

Depression is more than a temporary feeling of "the blues". It is a condition that involves the body, mind, and spirit. Depression is both biological and psychological, affecting your energy level, appetite, sleep patterns and how you feel about yourself. It also affects your social life, making you want to withdraw from people.

Signs of Depression

- _____ Feelings of sadness or irritability
- _____ Loss of interest or pleasure in activities once enjoyed
- _____ Changes in weight or appetite
- _____ Changes in sleeping patterns
- _____ Feelings of guilt, hopelessness or worthlessness
- _____ Inability to concentrate, remember things or make decisions
- _____ Fatigue or loss of energy
- _____ Restlessness or decreased activity
- _____ Complaints of physical aches and pains for which no medical explanation can be found
- _____ Thoughts of death or suicide

Where To Go For Help

National Foundation for Depressive Illness, Inc.

P.O. Box 2257

New York, NY 10116

1-800-248-4381

New York State Psychological Association

(referral service)

1-800-732-3933

New York State Bar Association Lawyer Assistance Program (LAP)

(for resource information)

1-800-255-0569

Or contact your medical doctor for a referral to a psychologist or psychiatrist in your area.