



CONTACT THE LAWYER ASSISTANCE PROGRAM (LAP) FOR MORE INFORMATION OR ASSISTANCE.  
ALL COMMUNICATION IS CONFIDENTIAL: 877-LAP-4-HELP; LAP@calbar.ca.gov

### **The Depression Test**

One out of five Americans will experience a major depressive episode at least once during his/her lifetime. The rate for lawyers is 3-4 times that rate.

If you are experiencing any of the following, please consult the LAP for confidential help.

Has there been at least a 2-week period of time in which you experienced either depressed mood, or loss of interest or pleasure?

Are you:

- feeling sad, empty and/or irritable?
- feeling a loss of interest or pleasure in activities or work you once enjoyed?
- experiencing changes in weight and/or appetite?
- having increased difficulty sleeping, or sleeping more than usual?
- experiencing increased restlessness?
- experiencing a decrease in level of activity noticeable to others?
- feeling more fatigued or less energetic?
- having difficulty concentrating, remembering or making decisions?
- feeling overwhelming guilt, hopelessness or worthlessness?
- thinking of suicide or death?

If you answered YES to the last item, you should seek help IMMEDIATELY (regardless of your answer to any other questions).

If you answered YES to even a few of these questions, you may suffer from depression. You should get a professional assessment.

Disclaimer: This self-assessment is not intended to take the place of a professional evaluation. If you have any questions or concerns, you should talk to a mental health professional.