



**Do you feel like you've lost enjoyment in life?
Take a look at the checklist below and check your mood.**

Check all that apply:

- Loss of interest in previously enjoyed activities;
- Feelings of sadness or grief lasting more than two weeks;
- Loss of energy, feeling tired all the time;
- Physical symptoms that can't be otherwise explained
(headaches, stomachaches, constipation, etc.);
- Feelings of worthlessness;
- Feelings of hopelessness;
- Feelings of guilt;
- Not able to concentrate or think clearly;
- Changes in appetite (either eating too much or too little);
- Change of sleeping patterns (sleeping too much or too little)

If you've checked four or more of the above, it may be time to talk to someone. Talk to your primary care provider today to see how we can work together to meet your mental health needs. Harbor Beach Community Hospital offers a variety of mental health services to conveniently meet your needs.