

## YOUR SYMPTOMS

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Based on the answers you have provided, this is what your results look like. Remember, the closer the symptom score is to 10, the greater the impact on your day-to-day life. The symptoms having the highest impact on your life are shown first.

**Visit your doctor with these results. When booking your appointment inform your doctor you may need extra time to discuss these matters. Getting help for your depression can change your life. Depression is an illness that can, and should, be treated.<sup>1</sup>**

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*Remember, recognizing symptoms is an essential step on the road to feeling like oneself again.*

1. Canadian Network for Mood and Anxiety Treatments (CANMAT). Disorder information: What are the Signs and Symptoms of Depression? <http://www.canmat.org/di-depression-signs-symptoms.php>, accessed February 3, 2012.