
If You Notice... Read...

If you notice...	Read
You're sad and don't know if it's depression	Ch. 1, p. 2
You feel ashamed of being sad, or are told "don't be sad"	Ch. 2, p. 12
You've felt low for years and think "that's just how I am"	Ch. 3, p. 19
You've just lost someone	Ch. 4, p. 27
You're exhausted by work	Ch. 4, p. 27
You've had periods of unusually high energy and very little sleep	Ch. 4, p. 27; Ch. 13, p. 101
You're tired, gaining weight, feeling cold and forgetful; or your mood changed after a new medicine	Ch. 5, p. 36
You're drinking more to cope	Ch. 5, p. 36; Ch. 9, p. 69
You want to know if "chemical imbalance" is true	Ch. 6, p. 45
Long-lasting insomnia	Ch. 6, p. 45; Ch. 11, p. 85
Debt, loneliness, living far from home	Ch. 7, p. 53
You keep circling the question "why?"	Ch. 7, p. 53

If you notice...	Read
Your mood rises and falls with your cycle	Ch. 8, p. 61
You're pregnant, have just had a baby, or your partner has	Ch. 8, p. 61
You're in perimenopause	Ch. 8, p. 61
You're a man who is irritable and drinking more	Ch. 9, p. 69
You're worried about a teenager	Ch. 9, p. 69; Ch. 15, p. 121
You're worried about an older parent who is forgetful and in pain	Ch. 9, p. 69
You can't see a doctor yet and want to start now	Ch. 10, p. 78
You want to know whether exercise, diet or supplements help	Ch. 11, p. 85
You're looking for a therapist	Ch. 12, p. 93
You've been offered an antidepressant, or want to stop one	Ch. 13, p. 101
Medication isn't working	Ch. 13, p. 101
You're thinking about dying	The crisis page at the front of the book, Ch. 14, p. 113
You're worried about someone you love	Ch. 15, p. 121
You've recovered and fear depression coming back	Ch. 16, p. 130
