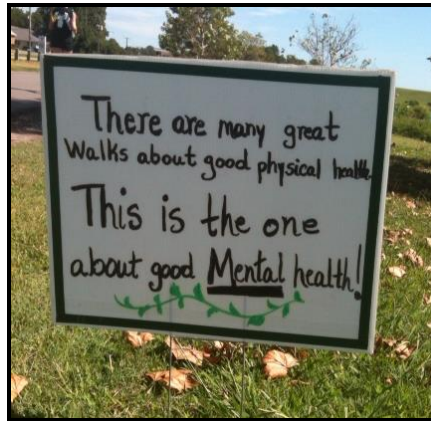


Out of the Darkness Community Walks

American Foundation of Suicide Prevention



Members of Hampton Roads Center for Spiritual Living along with approximately 5,531 others were at the Out of the Darkness Walk on Saturday, Sept. 6, 2014. It was a moving experience to see and hear members of families, colleagues, and friends give voice to their experience with suicide. It was an awakening...walking to save lives. www.sos-walk.org. Review depression inventory passed out at the walk....1-800-273-8155(TALK).

Hear Marcella Zappia,
Host of "Cella's chat" on Voice
America's Health & Wellness channel,
share about her Suicide experience...
Oct. 5th...at Hampton Roads CSL

Depression Inventory

This is an informal inventory which may be helpful in your identification of symptoms of depression.

Section A

If you have depression, you would probably have at least one of the following:

- A deep sense of sadness or unhappiness
- A lack of joy or interest in things that used to give you pleasure (i.e. hobbies, friends, etc.)

Section B

You would also probably have at least 4 of these symptoms:

- Change of appetite
- Weight gain or loss
- Trouble remembering, concentrating or making decisions
- Fatigue or lack of energy
- Sleeping too much or too little
- Feelings of guilt, worthlessness or hopelessness
- Feelings of anxiety or worry
- Restlessness or decreased activity
- Unexplained headaches or physical pain
- Neglect of responsibilities and appearance
- Sexual problems
- Negative, self-defeating or hopeless thinking

We have counselors here today:
Who can give you information or answer any questions you may have about yourself or someone you care about. Also, they can assist you with this inventory. Just go to the big tent with the food and drinks and they'll be happy to help you in any way.
We're glad you're here and hope this is a meaningful day for you.
For information about the Walk call 483-5111 or www.sos-walk.org

Most people feel blue now and then; but with depression, the person has multiple symptoms that persist daily for 2 weeks or more.

If you check at least 1 in Section A and 4 in Section B, you may be depressed. To explore this possibility further, you may want to consult a health-care provider. It's important to know that depression is treatable. Treatment can change -- even save a life.

*If you are in a mental-health crisis, you can always call:
The National Suicide Prevention Lifeline at 1-800-273-TALK (8155).*