

Depression

Preparing a Low Mood Care Conversation

Adults and teens 13+ | 10 to 15 minutes

Depression can affect interest, energy, concentration, sleep, and everyday tasks. These changes deserve attention without requiring you to prove that life is difficult enough. This page helps describe your experience; it cannot establish a diagnosis or replace a safety conversation.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Compare with your usual pattern

Use concrete examples: unopened messages, less interest in an activity, or difficulty preparing food. Include when the changes began, what helps, and pressures or health changes occurring at the same time.

Ask for a workable first step

A first step may be assessment, practical help, or adapting a task. Discuss treatment options and follow-up. If you have thoughts of suicide or cannot stay safe, contact live crisis support rather than waiting for a routine appointment.

1. What has changed in your mood, interest, or daily functioning compared with your usual pattern?

2. What makes essential tasks harder, and what support is currently available?

3. What change would make the next week more manageable?

4. What question, concern, or safety issue should your clinician hear first?

Clinical use and adaptation

Assess suicidality directly when indicated, and consider bipolar symptoms, grief, substance effects, disability, and medical contributors. Avoid assuming low energy is lack of effort. Keep action planning proportional to capacity and arrange appropriate follow-up.