

Anxiety

Apathy

Appetite changes

Bi-polar disorder

Childhood trauma

Chronic illness

Cognitive distortions

Crying spells

Depression

Despair

Difficulty concentrating

Difficulty functioning

Dysthymia

Family history of depression

Fatigue

Financial stress

Grief

Guilt

Helplessness

Hopelessness

Indecisiveness

Insomnia

Irritability

Isolation

Lack of interest in activities

Lack of motivation

Lack of support system

Loneliness

Loss

Major depressive disorder

Medication side effects

Mental illness

Mood disorder

Negativity

Perfectionism

Pessimism

Postpartum depression

Psychotic depression

Relationship problems

Sadness

Seasonal affective disorder

Self-harm

Shame

Social withdrawal

Substance abuse

Suicidal ideation

Suicidal thoughts

Traumatic life events

Workplace stress

Worthlessness