

Depression -- Checklist

IDENTIFYING AT-RISK PERSONNEL	WINGMAN ACTIONS	COMMAND ACTIONS
<ul style="list-style-type: none"> <input type="checkbox"/> Common indicators of distress <input type="checkbox"/> Persistent feelings of sadness <input type="checkbox"/> Loss of interest in activities that were previously considered pleasurable or important <input type="checkbox"/> Difficulty sleeping or sleeping excessively <input type="checkbox"/> Change in appetite or weight (either up or down) <input type="checkbox"/> Poor focus and concentration <input type="checkbox"/> Feeling fatigued (lack of energy) <input type="checkbox"/> Statements that suggest feelings of guilt, self-criticism, hopelessness, worthlessness or that one is a burden to others <input type="checkbox"/> Restlessness, irritability or agitation <input type="checkbox"/> Expressed thoughts of suicide or increased talk about death <input type="checkbox"/> Engaging in unsafe behaviors (reckless driving, driving while intoxicated, and decreased safety practices) <input type="checkbox"/> Apathy at the workplace and or decline in work performance (tardiness, reduced quality arguments with supervisors/peers) <input type="checkbox"/> Changes in hygiene or grooming standards <input type="checkbox"/> Social withdrawal 	<ul style="list-style-type: none"> <input type="checkbox"/> Consider General Wingman Actions <input type="checkbox"/> Ask if they have been feeling depressed. <input type="checkbox"/> Encourage help-seeking. <input type="checkbox"/> Ask directly about thoughts or feelings of suicide. If thoughts of suicide have been recently present, escort member to helping agency immediately. 	<ul style="list-style-type: none"> <input type="checkbox"/> Consider General Command Actions <input type="checkbox"/> Ensure the person is safe at the work place if he/she works in a potentially dangerous environment and/or where a high level of constant focus/concentration is required (weapons bearing, aircraft maintenance, PRP duty, working with electricity) <input type="checkbox"/> If the member does not seek treatment voluntarily and depression is believed to be having a significant impact on duty performance or safety, consult with a mental health provider about the appropriateness of a command directed evaluation