**When Everything Makes You Mad, It May Be Depression**

If you are someone who is mad all the time or gets annoyed very easily, or know someone who is, it can be hard to believe that those feelings can indicate depression. However, they often do. Sometimes it is called “having a short fuse” or just being someone who easily “flies off the handle.” When someone acts like this, it can be hard for others to feel empathy because the person’s actions can be hurtful to others. However, irritability can actually be a symptom of depression.

Think about how unhappy you have to be to feel so easily irritated. Some other symptoms of depression include:

* Feelings of hopelessness
* Loss of interest in daily activities
* Reckless behavior
* Difficulty concentrating

These are only some of the symptoms of depression. If you find yourself with a lot of unexplained irritability, take a free and anonymous screening at **HealthyMenMichigan.org** and find resources where you can seek help.