

DEPRESSION

THE WARNING SIGNS



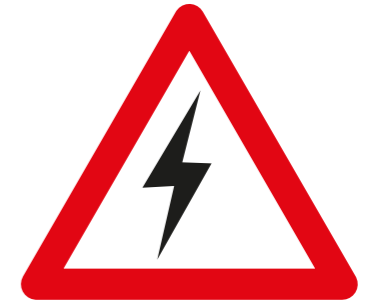
Feelings of hopelessness and pessimism



Feelings of worthlessness, guilt and helplessness



Thoughts of death or suicide



Agitation, restlessness and irritability



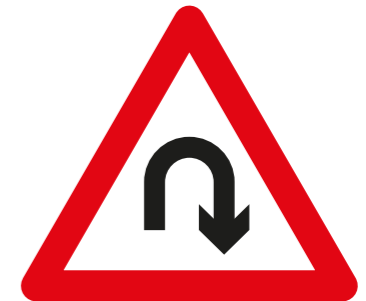
Sleep changes. Difficulty sleeping or sleeping too much



Decreased energy and feeling slowed up



Low mood



Reduced interest or pleasure in normally enjoyable activities



Difficulty thinking, concentrating or making decisions



Significant change in appetite or weight



Persistent sad, anxious or empty mood



Tearfulness

Learn these signs for your own safety and the safety of others.
We are all different and may not show all of these signs, or to the same degree.
If you or someone you know have five or more of these signs for two weeks or longer,
and they're having an impact on your day-to-day life, seek professional advice immediately.
Remember – you deserve support and there are people who want to give you that support.