

# DEPRESSION AWARENESS



## DONT IGNORE THE SIGNS

**1. Persistent sad, anxious, or “empty” mood**

**2. Feelings of hopelessness, or pessimism**

**3. Irritability**

**4. Feelings of guilt, worthlessness, or helplessness**

**5. Loss of interest in hobbies**

**6. Decreased energy**

**7. Moving or talking more slowly**

**8. Feeling restless**

**9. Difficulty concentrating or making decisions**

**10. Difficulty sleeping**

**11. Appetite and/or weight changes**

**12. Thoughts of death or suicide, or suicide attempts**