

# DEPRESSION

## THE WARNING SIGNS



Feelings of hopelessness and pessimism



Feelings of worthlessness, guilt and helplessness



Thoughts of death or suicide



Restlessness



Irregular sleep



Decreased energy



Changes in mood



Insomnia



Difficulty making decisions



Appetite or weight change



Persistent sad, anxious or empty mood



Tearfulness

Learn these signs for your own safety and the safety of others.

Failure to do so may result in fatality (15% of people who suffer from depression make an attempt on their lives).

If you, or someone you know, experience 4 of these symptoms over a number of weeks seek professional advice immediately.