

Avista



What is depression?



You can feel unhappy and sad for weeks or months.



Depression is not just a few days.





The psychological symptoms of depression are



Feeling sad or
feeling hopeless



You might lose
interest in things
you used to enjoy



You might cry



You might feel
tearful and scared



You might feel
irritable and not
have much
patience with
others



You might be
feeling anxious or
worried



You might have
thoughts of
harming yourself

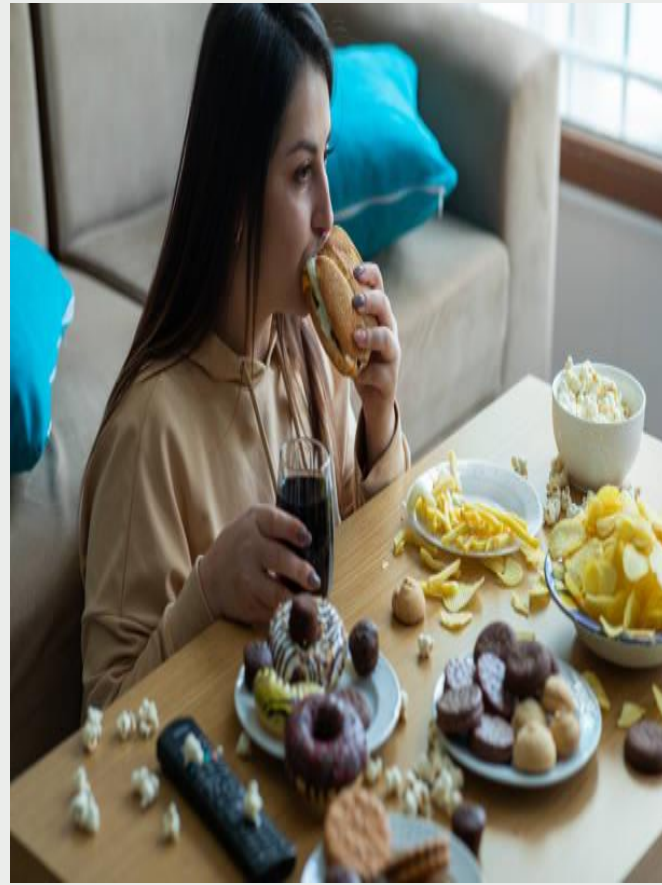


The physical symptoms of depression are



Moving or
speaking slower
than usual

NOT TALKING



You might have
no appetite
or eat more



Your might gain
or loose your
weight



You might have
constipation
(your stools are
difficult to pass)



You might
experience
unexplained
aches and pains





You might
have lack of
energy



You might have disturbed sleep
difficulty falling asleep,
waking up early
or sleeping more than usual





The social
symptoms
include



Not doing well
at work



Avoiding
contact with friends

You might prefer to
stay on your own



You might refuse
to take part in
various activities



REMEMBER

There are many
symptoms of depression.

You are unlikely to have
them all.



**Tell someone who
you trust how you
really feel**