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.