Common Symptoms of Depression



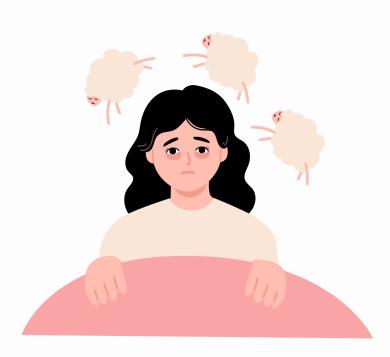
Feelings of sadness or emptiness



Loss of interest in activities once enjoyed



Changes in eating behaviours



Sleep pattern changes



Tiredness or low energy



Difficulty concentrating



Feelings of worthlessness



Avoiding social interactions



Thoughts of selfharm or suicide

This Is Not Taboo — Do Not Wait, Seek Professional Help Today!



