

7 SIGNS & SYMPTOMS OF DEPRESSION

Depression is a common and serious medical illness
-some 19 million Americans struggle with depression
each year.



Recognizing depression and getting the help you need is vitally important.

There are some common signs and symptoms to recognize:



FEELINGS OF SADNESS, EMPTINESS AND HOPELESSNESS

It seems as if nothing will ever improve. You can see no light at the end of the tunnel.

APATHY TOWARDS OR A DIMINISHED PLEASURE IN LIFE ACTIVITIES

You've lost interest in things you used to enjoy.
You don't care anymore.



SIGNIFICANT CHANGES IN APPETITE AND BODY WEIGHT

You've experienced either a marked weight gain or weight loss over a short period of time.

FEELINGS OF SELF-LOATHING, WORTHLESSNESS OR GUILT

You've become extremely critical of and disappointed with yourself, perhaps even to the point of suicidal thoughts.



CHANGES IN SLEEP PATTERNS

Insomnia or oversleeping, you're either not able to sleep or you're sleeping significant hours of your life away.



INCREASED ANGER OR IRRITABILITY

Your tolerance level is low and your temper is short. Everyone and everything is getting on your nerves.



FATIGUE OR A LOSS OF ENERGY

You always feel exhausted and even simple everyday tasks take everything out of you.

A healthy mind, body and spirit defeats depression.

HONEY
LAKE

CLINIC