



ARE YOU OR ANY ONE YOU KNOW EXPERIENCING ANY OF THESE SYMPTOMS?

The signs of depression include...



BEHAVIOUR

- Not getting things done at work
- Unable to concentrate
- Not doing usual enjoyable activities



THOUGHTS

- 'It's my fault'
- 'People would be better off without me'
- 'I'm worthless'



PHYSICAL

- Tired all the time
- Sick and run down
- Headaches and muscle pain



FEELINGS

- Overwhelmed
- Unhappy
- Guilty