

Are you or anyone you know
experiencing any of these symptoms...
The symptoms of depression are:



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'

FEELINGS



- Overwhelmed
- Unhappy
- Guilty

PHYSICAL



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

KNOW the **SIGNS** and **START TALKING**

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