Common Symptoms of Depression

* Difficulty concentrating, remembering details and making decisions
* Fatigue and decreased energy
* Feelings of guilt, worthlessness, and/or helplessness
* Feelings of hopelessness and/or pessimism
* Insomnia or excessive sleeping
* Irritability, restlessness
* Loss of interest in activities or hobbies once pleasurable
* Overeating or appetite loss
* Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment
* Persistent sad, anxious or “empty” feelings
* Thoughts of suicide, suicide attempts

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org