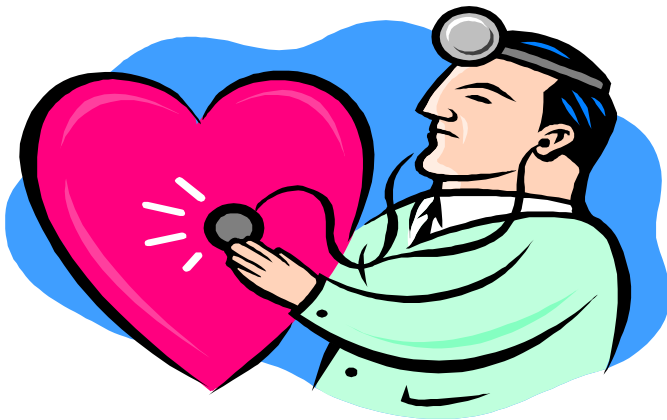


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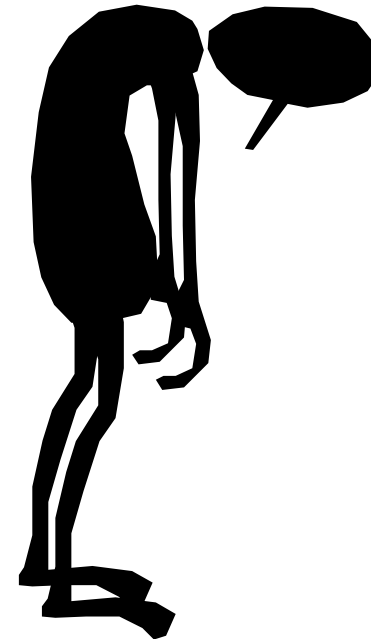


Stay Healthy !!!

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Depression

*What You Need To
Know!!*



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Depression is more than just sadness. Everyone is sad at times and this is perfectly normal. However, depression is a long lasting sadness that just won't go away. Often the person doesn't know why they are sad.

SIGNS AND SYMPTOMS:

- ❖ Long lasting sadness
- ❖ Disinterest in life
- ❖ Constantly tired
- ❖ Lack of appetite/overeating
 - ❖ Poor sleep
 - ❖ Irritable
- ❖ Feelings of guilt
- ❖ Suicidal thoughts



WAYS TO HELP:

- Ask for help
 - Talk to people
 - Eat properly
 - Don't panic if not sleeping properly – it usually goes away when the depression lifts
 - Keep taking your medications
 - Depression is an illness – don't feel guilty
 - Look for a laugh
- Seek medical advise if symptoms will not go away**

