

JUST ASK

What are the symptoms of depression? Who does it effect?

Here are just *some* symptoms of depression

- Poor performance in school and/or work
- Withdrawal from friends and activities
- Feelings of sadness and hopelessness
- Feelings of anger and rage
- Low self-esteem
- Problems with authority
- Indecision, lack of concentration, or forgetfulness
- Overreaction to criticism
- Substance abuse
- Suicidal thoughts or actions
- Lack of enthusiasm, energy, or motivation
- Feelings of being unable to satisfy ideals
- Change in eating or sleeping patterns

Anyone can be effected. If symptoms of depression are present, talk with your health professional.

Get help.

1-800-SUICIDE (784-2433) **1-800-273-TALK** (8255) **239-275-4242**

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