

If You Recognize These Symptoms, You May Be Looking At Depression.

- ☐ Noticeable change in eating habits.
- ☐ Sleeps too much or can't sleep at night.
- ☐ Loss of interest in things once enjoyed.
- ☐ Loss of energy; fatigue.
- ☐ Feelings of worthlessness; guilt.
- ☐ Inability to concentrate or think.
- ☐ Recurring thoughts of death or suicide; wishing to die.
- ☐ Overwhelming feelings of sadness or hopelessness.

But You Don't Need To Watch It Get Worse.

It's not hopeless. There is something you can do. Call for professional help.



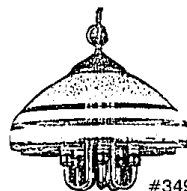
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