

Has Life Been Less Fun Lately?

*Depression is an illness, like diabetes and heart disease.
Depression can be treated.*

Signs of Depression are:

- Feeling sad, blue, down in the dumps
- Loss of interest in things you used to enjoy
- Feeling slowed down or restless
- Trouble sleeping or sleeping too much
- Loss of energy or tired all the time
- Change in appetite or weight
- Problems thinking, remembering, or deciding
- Thoughts of hurting yourself or someone else
- Feeling worthless or guilty