

SIGNS AND SYMPTOMS OF DEPRESSION

Talking About Mental Health

Following are some of the symptoms of depression. Most people with depression experience some of these, but not necessarily all of them. If any of these symptoms last for two or more weeks, a consultation with a mental health professional is a good idea.

- > Sadness
- > Feelings of extreme guilt
- > Suicidal ideas
- > Insomnia
- > Diminished interest in activities
- > Difficulty concentrating
- > Anxiety
- > Appetite changes
- > Weight changes
- > Social withdrawal
- > Indecisiveness
- > Decreased sexual interest
- > Mood swings
- > Distorted thinking
- > Low self-esteem
- > Feelings of hopelessness
- > Exhaustion
- > Feelings of helplessness
- > Agitation
- > Irritability
- > Inability to sleep

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