Warning signs of Depression



A person with depression will have some of the following symptoms for at least two weeks, as well as a significant impact on their daily life functions.

HOPELESSNESS? ANXIETY? SADNESS? PESSIMISM? FATIGUE? GUILT? IRRITABILITY? RESTLESSNESS? THOUGHTS OF DEATH OR SUICIDE?



Don't delay getting help from a professional.

The sooner you treat depression, the more successful the outcome.