

Title: Depression

Author: Brian Johns

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Abstract: A tri-fold leaflet patient education tool for depression awareness.

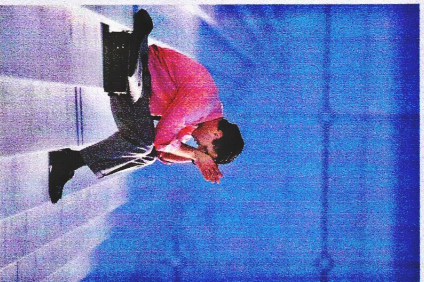
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DEPRESSION

ONE IN TEN

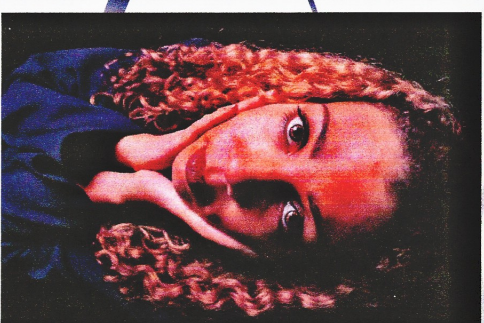
people experience Depression at some point during their life.

It is important to look for signs of depression in yourself and the people you love.



SIGNS OF DEPRESSION

- Constant sadness
- Irritability
- Hopelessness
- Trouble sleeping
- Low energy or fatigue
- Feeling worthless or guilty
- Significant weight change
- Difficulty concentrating
- Loss of interest in favorite activities
- Thoughts of suicide



Call a health care professional right away if you or your family member have signs of depression, especially if they are new, worse, or worry you.

**Suicide Hotline:
1-800-SUICIDE
(1-800-784-2433)**