

SYMPTOMS OF DEPRESSION

- Constant sadness, almost every day.
- Feeling worthless, or having excessive guilt.

EMOTIONAL SYMPTOMS

- Dark or suicidal thoughts.
- Loss of interest or pleasure in favourite activities.

- Low energy.
- Psychomotor impairment.

PHYSICAL SYMPTOMS

- Aches and pains.
- Sleeping too much or not enough.
- Changes in weight.

- Change in appetite.

BEHAVIOURAL SYMPTOMS

- Feeling restless.

- Difficulty making decisions.

COGNITIVE SYMPTOMS

- Trouble focusing.