

SYMPTOMS OF DEPRESSION INCLUDE:

- Feeling bad about yourself
- Changes in sleep patterns
- Changes in appetite or weight
- Feeling overwhelmed by pessimism, anger, guilt, irritability and anxiety
 - Inability to enjoy life
 - Reduced pain tolerance
- Poor concentration and memory
- Low motivation to do things that used to matter to you
 - Feeling exhausted.

If you're worried about your own or someone else's mental health, start the conversation and access support. Visit www.staychatty.com.au/get-help for a list of services.

Source - The Black Dog Institute (3)