

SIGNS OF A DEPRESSED MOOD CAN INCLUDE:

- Lowered self-esteem (or self-worth)
- Changes in sleep patterns, insomnia (inability to sleep), hypersomnia (excessive sleep) or broken sleep
 - Changes in appetite or weight (both increases and decreases)
- Difficulty in controlling emotions such as pessimism, anger, guilt, irritability and anxiety
 - Reduced pain tolerance: decreased tolerance for minor aches and pains
 - Changed sex drive: absent or reduced
 - Poor concentration and memory
 - Reduced motivation to carry out usual tasks
 - Lowered energy levels.

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 (5)