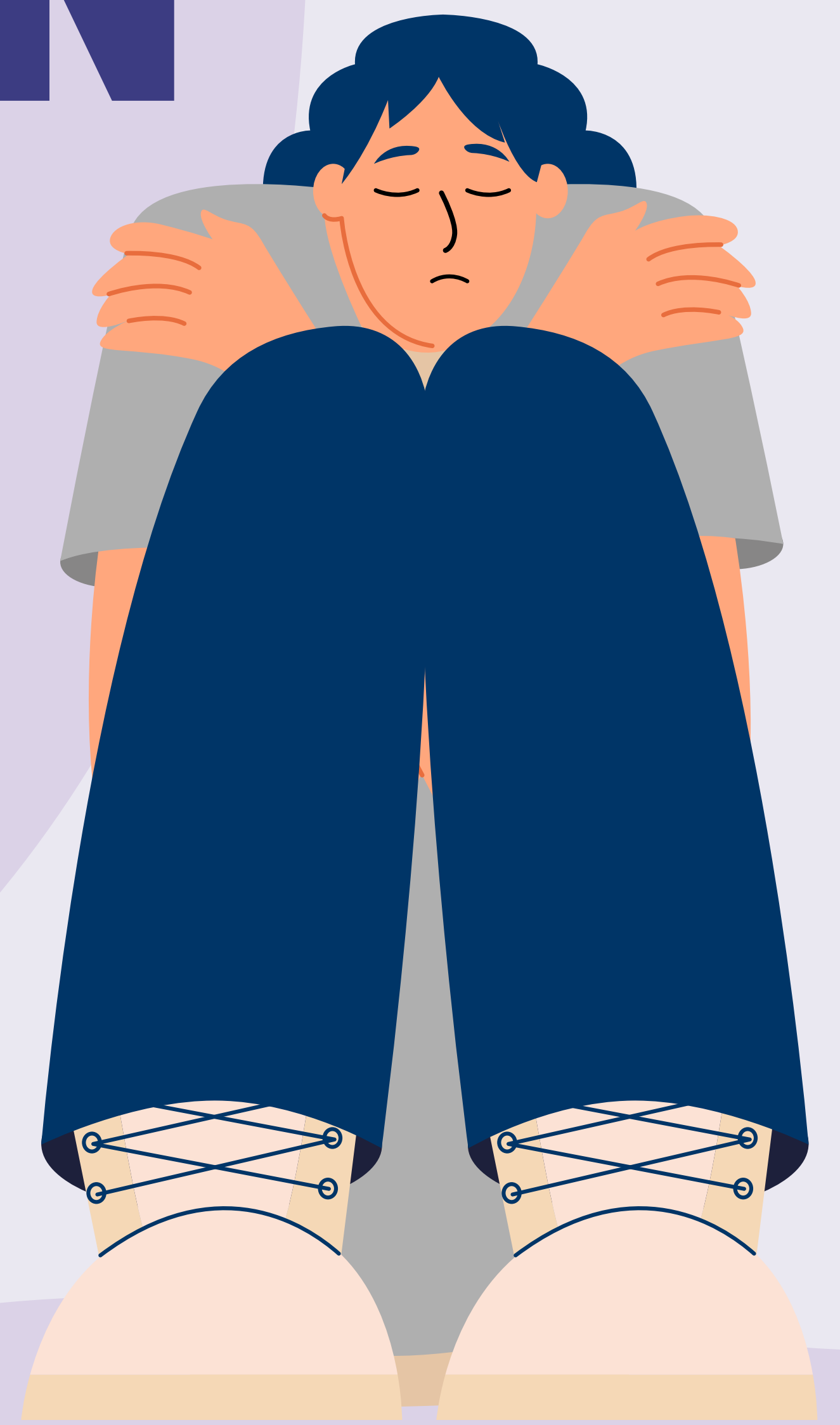


# DEPRESSION

"Major depressive disorder" or "clinical depression" is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working

- NIMH



**264 MILLION  
PEOPLE WORLDWIDE LIVE  
WITH DEPRESSION**

**YOU ARE NOT ALONE**



**To Be Honest**

A PROGRAM OF MOMENTUM FOR HEALTH

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## common symptoms\*

- Persistent sad, anxious, or "empty" mood
- Hopelessness, or pessimism
- Irritability, frustration, or restlessness
- Guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling "slowed down"
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early morning awakening, or oversleeping
- Changes in appetite or unplanned weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause that do not ease even with treatment

\*Depression looks different on everyone, but if you are experiencing a few of these symptoms we recommend seeking professional care