



## **DEPRESSION - THE WARNING SIGNS**

Feelings of hopelessness and pessimism

Feelings of worthlessness, guilt and helplessness

Thoughts of death or suicide

Restlessness

Difficulty making decisions

Appetite and weight loss

Persistent sad, anxious or empty mood

Tearfulness

Irregular sleep

Decreased energy

Changes in mood

Insomnia

Learn these signs for your own safety and the safety of others.

Failure to do so may result in fatality (15% of people who suffer from depression make an attempt on their lives).

If you, or someone you know, experience 4 of these symptoms over a number of weeks seek professional advice immediately.

[www.cwmt.org.uk](http://www.cwmt.org.uk)