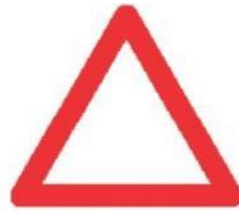


DEPRESSION - THE WARNING SIGNS



Feelings of hopelessness and pessimism



Feelings of worthlessness, guilt and helplessness



Thoughts of death or suicide



Restlessness



Irregular sleep



Decreased energy



Changes in mood



Insomnia



Difficulty making decisions



Appetite and weight loss



Persistent sad, anxious or empty mood



Tearfulness