



# POSSIBLE SIGNS AND SYMPTOMS OF DEPRESSION



**1**

**NOT WANTING TO DO THINGS YOU PREVIOUSLY ENJOYED**

**2**

**AVOIDING FRIENDS OR SOCIAL SITUATIONS**

**3**

**FEELING HOPELESS, MAYBE WANTING TO SELF-HARM**

**4**

**FEELING TIRED AND NOT HAVING ANY ENERGY**

**DEPRESSION AFFECTS PEOPLE IN DIFFERENT WAYS. GET SUPPORT IF YOU RECOGNISE YOU'RE NOT COPING.**