

Symptoms of DEPRESSION

Depression is a serious mental health condition that affects people from all walks of life. It's important to recognize the signs.

Loss of interest in most or all activities you previously enjoyed.



Sleep disturbances, including insomnia or sleeping too much.



Feelings of sadness, tearfulness, emptiness, or hopelessness.



Fatigue, lack of energy. Even small tasks require more effort.

Feelings of worthlessness or guilt, fixating on past failures or self-blame.



Frequent or recurring thoughts of death or suicide as a solution.



If you have symptoms, call: Envision Mental Health Services
(773) 506-3161 or (773) 769-4313 x 431