

# DEPRESSION SIGNS AND SYMPTOMS



---

## 1.

### MENTAL

- Diminished experiences of joy and pleasure
- Feeling hopeless, disconnected, burdensome
- Thinking about death, dying or suicide
- Pessimistic thought patterns
- Emotional numbness

---

## 2.

### PHYSICAL

- Fatigue and exhaustion
- Weight loss or weight gain
- Insomnia or hypersomnia
- Inability to concentrate
- Brain fog

---

## 3.

### BEHAVIOURAL

- Withdrawing or isolating
- Increased use of drugs and alcohol
- Self-harm and/or suicidal behaviours
- Irritability
- Recklessness or impulsivity

