

The Signs of Depression

Sadness



Sleeping Difficulties



Anxiety

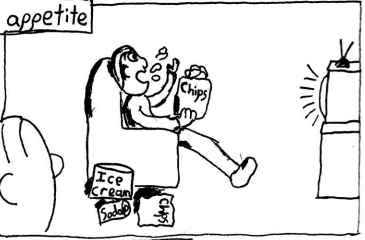


Difficulty Concentrating

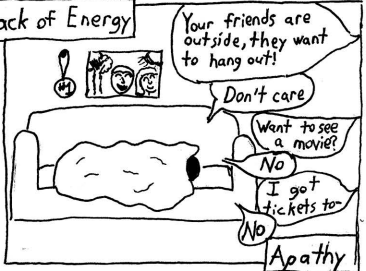


Guilt

Change in appetite



Lack of Energy



Thoughts of self-harm

