

# Let's talk about **DEPRESSION**



A category of mood disorders that involve periods of feeling extremely sad or empty and disrupt a person's ability to enjoy life.

## **SYMPTOMS INCLUDE:**

- Persistent sad, anxious, or "empty" mood
- Sleeping too much or too little
- Weight fluctuations
- Loss of pleasure or interest in activities
- Difficulty concentrating or making decisions
- Fatigue, loss of energy, restlessness, irritability
- Feeling guilty, hopeless, or worthless
- Thoughts of suicide or death

Major depression affects more than 8% of American adults each year and 15% of youth (ages 12-17 years old).



**WANT TO LEARN MORE ABOUT  
DEPRESSION? SCAN THE QR CODE.**



# Science Of Mental Health Depression

**JR Anderson**



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