

Do you ever feel:

- Feelings of sadness or emptiness that persist day after day?
- That you've lost interest or pleasure in activities you used to enjoy?
- Low self-esteem?
- Guilty or worthless?
- Hopeless, like life is no longer worth living?

Have you noticed that you:

- Are gaining or losing weight without dieting?
- Are sleeping too much? Or not sleeping enough?
- Are irritable, that small things bother you more than usual?
- Don't have a lot of energy or are tired all the time?
- Have difficulty concentrating?
- Have difficulty making decisions?
- Feel unable to work?
- Don't enjoy socializing as you once did and are withdrawing from other people?



These are all signs of depression. When several of these occur together and persist for more than 2 weeks, it's important to get help.

There is hope and help available. Contact me.