

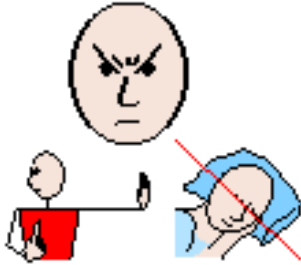
HELPING YOU UNDERSTAND

DEPRESSION





THINGS YOU MIGHT FEEL



CHANGES IN YOUR MOOD

Not doing things you enjoy, as you can't be bothered, wanting to be on your own, and sleep changes - too much or not being able to sleep.



CRYING

Feeling sad, bursting into tears



CHANGE IN APPETITE

Not feeling hungry or eating too much



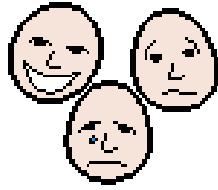
CAN'T REMEMBER THINGS

You forget to do things you usually do, and can't be bothered to do it



FEELING ANGRY

Feel like everything is wrong - nothing good is happening and getting cross about it and being in a bad mood.



THINGS YOU MIGHT FEEL



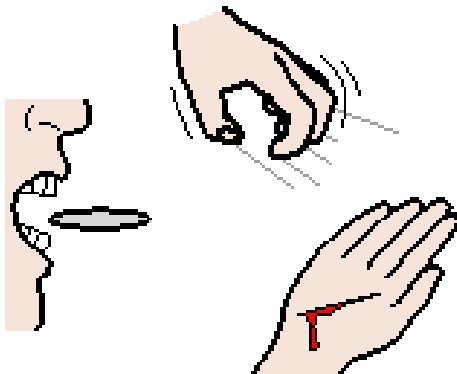
SMOKING

Begin smoking , or smoking more



ALCOHOL AND DRUG MISUSE

Binge drinking or taking too many drugs



SELF-HARM

Nail biting, 'picking' wounds, skin, scratching, cutting