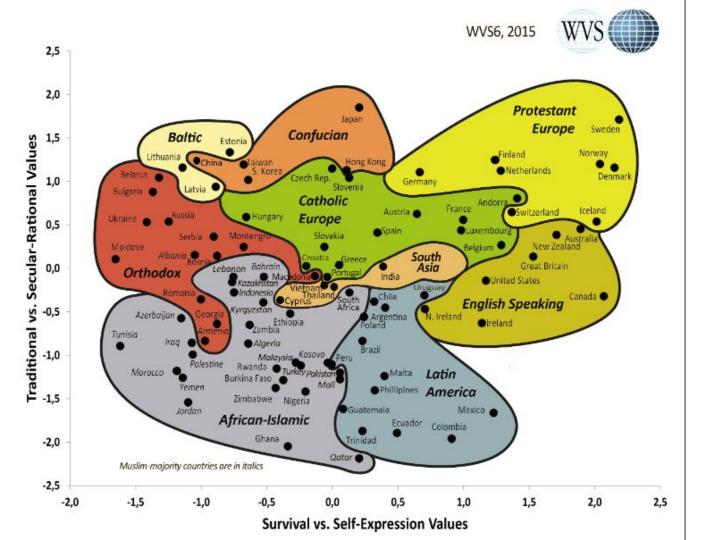
## DEPRESSION

A common mental disorder



## **SYMTOMS**

- mood
- appetite
- sleep pattern
- activity level
- thoughts

Depression can be mild, moderate or severe.

To become sad sometimes is part of life!

## TREATMENT

Psychotherapy CBT Cognitive Behavioral Therapy

Physical activity Endorphin levels increase

Medication SSRI Selective Serotonin Reuptake Inhibitors

SNRI Serotonin and Norepinephrine Reuptake Inhibitors

## SUICIDE PREVENTION