

# DEPRESSION

A common mental disorder



# SYMPTOMS

- 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