

Mind Your Mental Health

Top 10 symptoms of depression

- 1 Persistent feelings of sadness, hopelessness, and unhappiness
- 2 Frequent physical symptoms, such as muscle pains, headaches, stomach aches
- 3 Loss of interest in activities or hobbies the person used to enjoy
- 4 Sleep problems: insomnia, early morning awakening, or excessive sleeping
- 5 Changes in appetite with unusual weight gain or loss
- 6 Irritability, restlessness, and agitation
- 7 Withdrawal from friends and social activities
- 8 Difficulty concentrating and making decisions
- 9 Decreased energy and feelings of fatigue and "heaviness"
- 10 Thoughts of death or suicide

#MYMH

Magellan
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