



Signs and symptoms of **DEPRESSION** aren't always easy to recognise when we're caught in the middle of what life throws our way. If you're concerned about experiencing any of the following, please remember *help is available*. For more information or to seek individual counselling support, visit leewong.com.au

INTEREST OR PLEASURE IN LIFE **D**IMINISHED

ENERGY DRAINED OR DEPRIVED

LOW MOOD THAT IS **P**ERVASIVE

REDUCED COGNITIVE ABILITY

LESS CONTROL OVER **E**MOTIONS

SIGNIFICANT UNINTENDED WEIGHT LOSS

THOUGHTS OF SELF-HARM OR OF **S**UICIDAL IDEATION

INSOMNIA OR HYPERSOMNIA

CONSTANTLY FEELING HOPELESS OR **O**VERWHELMED

NEGATIVE SELF-WORTH

If you, or anyone you know, is in need of immediate assistance, emergency mental health support services are available via the Suicide Call Back Service (1300 659 467); Lifeline (13 11 14) or the Authorities on 000.