

Depression: What You Should Know

Having
negative
thoughts



Persistent or
prolonged
sadness



Lack of interest in
tasks you enjoyed
previously



Feeling tired
easily



Thoughts of
Self Harm/
Suicide



Change of
sleeping and
eating habits



If you or someone you know have these
symptoms for more than 2 weeks then
visit your nearest health centre

#MentalHealthMatters #LetsTalk | Mental Health Care Act, 2017



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