



A MENTAL HEALTH GUIDE TO:

DEPRESSION

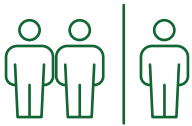


DEPRESSION can take different forms for people, but there are some common signs and symptoms.



The more symptoms you have, the stronger they are, the longer they have been present, the more likely it is that you are **DEALING WITH DEPRESSION**.

COMMON SIGNS OF DEPRESSION



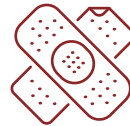
Withdrawing from family and friends



Suicidal thoughts, or feelings



Overwhelmed headaches



Self-harm



Alcohol and/or drug misuse



Anger, frustration, irritability



Changes in eating habits



Sleep problems



Being confused, undecided



Changes in weight

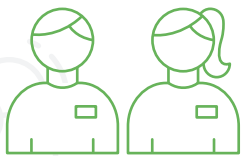


Sad, unhappy



Low energy

THESE SIGNS CAN APPEAR FROM TIME TO TIME, BUT IF THEY LAST FOR **TWO WEEKS OR MORE** YOU SHOULD **REACH OUT** TO:



Health Professionals



Spiritual Leaders



Youth Outreach Workers



People you trust

To get help call Wiichihiwaauiwin (Mental Health) Helpline - 24/7 at:

1-833-632-4357



For more information visit our website:

CREEHEALTH.ORG