

The image features a solid teal background. In the center, the word "Depression" is written in a white, sans-serif font. Surrounding the text are approximately 12 birds in flight, their wings spread, arranged in a loose circular pattern. The birds are dark in color, possibly pigeons or doves, and their wings show some lighter tones on the underside. The overall composition is balanced and centered.

# Depression

# *How to know when depression starts*

## **Symptoms**

1. feeling sad for long periods of time
2. losing interest in activities
3. change in appetite
4. lack of energy
5. thinking about or attempting suicide

## **Treatment**

Clinics

Antidepressants

## **Causes and risk factors**

Low self esteem

Alcohol or drug abuse

History of family

## *Type of depression*

### Bipolar disorder

1. Need for sleep
2. talking very fast
3. feeling extremely restless
4. becoming easily distracted
5. having overconfidence in your abilities

### Psychotic depression- Major depression

Out of touch from reality

1. Voices that are trying to harm them