Symptoms of Depression

- Fatigue and loss of interest.
- Changes in appetite.
- Trouble sleeping or excessive sleeping.
- Difficulty concentrating.
- Thoughts of suicide or death.
- Physical signs and symptoms.
- Sudden or rapid changes in eating and sleeping patterns.
- Slow physical and mental activity.
- Feelings of emptiness.
- Feelings of guilt or worthlessness.
- Feelings of hopelessness.
- Physical complaints.

Depression is listed as a serious mental illness that affects an estimated 15 million Americans per year. This condition can affect an individual's performance at school and on the job. This condition can affect an individual's performance at school and on the job.

Some Facts About Depression

- The ages of 18-22 years.
- The first indicators which indicate serious emotional problems often occur between 10 and 12 years.
- Accompanied by delusions and hallucinations.
- The most severe impairments.
- Inexpressible feelings of panic.
- Inexpressible feelings of depression.
- Inexpressible feelings of self-control.
- Inexpressible feelings of emotional.

Emotional impairments may affect major aspects of the student's life.

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