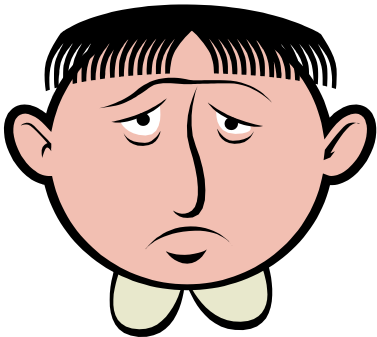


Signs of Depression



DEPRESSION IS NOT...

- Normal, passing emotions of sadness or loss.
- A sign of weakness.
- A condition that can be willed away.

DEPRESSION IS...

- When normal emotions become extreme, do not get better, or significantly interfere with a person's daily activities.
- Treated with therapy and/or medication. At Bachmann & Associates we treat depression with effective caring therapy, and if necessary our medical team can be utilized for medication management.

SIGNS OF DEPRESSION

- Persistent (over 2 weeks) change in mood (down in the dumps) for most of the day and lasting for more days than not .
- Poor appetite or overeating and/or weight gain or loss that is out of the ordinary
- Sleep problems (sleeping too much or not enough).
- Physical slowing or agitation.
- Low energy or fatigue.
- Low self-esteem or feeling worthless, hopeless, or guilty.
- Difficulty concentrating or making decisions.
- Decreased interest or pleasure in activities normally enjoyed .
- Increased irritability.
- Self-harming behaviors or thoughts of death and suicide.

According to the National Institute of Health, 19 million Americans struggle with depression. It is the leading cause of disability in the US and worldwide.

THERE IS HOPE.

80% of people with depression improve with treatment.



If even part of this list describes you or a loved one, contact a mental health professional. At **Bachmann and Associates**, we are here to help.

**BACHMANN &
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