



Your symptoms of depression

The symptoms of depression can often be grouped into 3 categories. Some symptoms are physical, such as poor sleeping, poor appetite, or low energy levels. Some symptoms are to do with your thoughts or your mood such as thinking very negatively, thoughts of suicide, feeling hopelessness, feeling sad or crying. The third category of symptoms is to do with how you act and behave, for example staying in bed, not going out or avoiding people.

What do YOU experience, when you are depressed?

Physical symptoms	Thinking, mood or feelings	Behaviours