## RED FLAGS OF DEPRESSION

- SAD OR IRRITATED MOOD
- RESTLESSNESS OR AGITATION
- FEELINGS OF WORTHLESSNESS OR GUILT
- LOSS OF ENERGY
- TROUBLE CONCENTRATING OR MAKING DECISIONS
- LOSS OF INTEREST IN FAVORITE ACTIVITIES
- **CHANGE IN EATING HABITS**
- CHANGE IN SLEEP
- **SELF-INJURY**
- THOUGHTS OF SUICIDE



for weeks or more

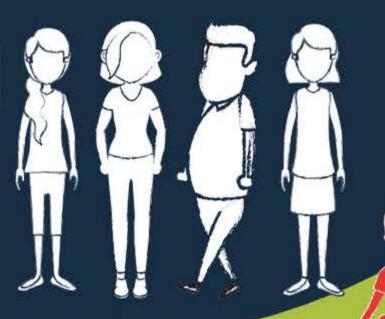
KNOW IS STRUGGLING, TELL A TRUSTED ADULT.

## THERE IS HOPE

## IN CRISIS AND ALONE?

Call 1.800.273.8255 or Text "MT" to 741741





AN ILLNESS



**SERIOUS** 

**TREATABLE** 



**EVERYONE CAN** PRACTICE GOOD MENTAL HEALTH













Alliance for Youth