

IDENTIFYING SYMPTOMS OF DEPRESSION IN SURVIVORS OF VIOLENCE

EMOTIONAL

**Sadness, Guilt, Anger, Mood Swings, Lack of Emotion
Helplessness, Hopelessness, Worthlessness**

PHYSICAL

**Chronic Fatigue, Lack of Energy, Sleeping too Much or too Little,
Overeating or Loss of Appetite, Constipation, Weight Loss or Gain
Irregular Menstrual Cycle, Loss of Sexual Desire
Unexplained Aches and Pains**

BEHAVIOURAL

**Crying Spells, Withdrawal from Others, Worrying, Neglecting
Responsibilities, Loss of Interest in Personal Appearance,
Lack of Motivation**

PSYCHOLOGICAL

**Frequent Self Criticism, Self Blame, Pessimism, Impaired Memory
Concentration and Confusion, Tendency to See Others in a
Negative Light, Thoughts of Death and Suicide**

**STOP THE STIGMA
SUPPORT MENTAL HEALTH AWARENESS**