

HOPE BEYOND DEPRESSION

Even the darkest night will end

What is Depression?

A common mental health disorder that affects mood, thought, energy, and daily life.

Symptoms:



Persistent sadness



Loss of interest



Low energy



Sleep problems



Appetite changes



Difficulty concentrating

Causes:

- Stress
- trauma
- Genetics
- Chemical imbalance
- Social isolation

Treatment:

- Therapy
- CBT
- Medication
- Support groups
- Professional help

"Even a happy life cannot be without a measure of darkness." -- Carl Jung