



5 Signs of Depression

Depression is a mood disorder of persistent feelings of sadness and loss of interest.

Here are 5 signs of depression to be aware of in yourself, a loved one, or even a coworker:

1. **Loss of interest.**
2. **Increased fatigue and sleep problems.**
3. **Irritability.**
4. **Changes in appetite and weight.**
5. **Suicidal indicators.**

Want more?

For more information about signs of depression and where to find help, visit PacificSource.com/depression.



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