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For some of your patients, this list could be a life saver.

- Feelings of sadness or irritability
- Loss of interest or pleasure in activities once enjoyed
- Changes in weight or appetite
- Changes in sleeping pattern
- Feeling guilty, hopeless or worthless
- Inability to concentrate, remember things or make decisions
- Fatigue or loss of energy
- Restlessness or decreased activity
- Complaints of physical aches and pains for which no medical explanation can be found
- Thoughts of death or suicide

This list of symptoms is being featured in a print ad as part of the National Mental Health Association’s (NMHA) National Public Education Campaign on Clinical Depression. The campaign communicates these basic messages: Clinical depression is a medical illness. Effective treatments are available. See a doctor. A free booklet on clinical depression is available by calling NMHA at 1-800-228-1114.

The National Public Education Campaign on Clinical Depression is being co-sponsored by the American Medical Association along with nine other national professional health and mental health associations.

National Mental Health Association.