

Major Depressive Disorder

- **What is it?**
 - Most severe and disabling form of depression
 - Lasts for at least two weeks
 - Affects one's ability to carry out their work and daily activities
 - Keeps people from having satisfying personal relationships

- **Signs:**
 - An unusually sad mood
 - Loss of enjoyment and interest in activities that were previously enjoyable
 - Lack of energy and tiredness
 - Feeling worthless or guilty when not at fault
 - Thinking about death or wishing to be dead
 - Difficulty concentrating or making decisions
 - Moving more slowly or sometimes becoming agitated and unable to settle
 - Having sleeping difficulties or sleeping too much
 - Loss of interest in food or sometimes eating too much
 - Changes in eating habits, which may lead to either weight loss or weight gain