

YOUR MENTAL HEALTH IS IMPORTANT!

Feeling sad or low is a normal response when we are faced with threatening or stressful situations such as the current pandemic. If these feelings persist however, it could be **depression**, which requires treatment like any other illness. **Depression** can affect different people in different ways:



BEHAVIOUR

- Not getting things done at work
- Not interacting with close family and friends
- Not doing usual enjoyable activities
- Unable to concentrate
- Relying on substances, sedatives and drugs



FEELINGS

- Sad
- Irritable
- Frustrated
- Overwhelmed
- Guilty
- Lacking in confidence
- Unhappy
- Indecisive
- Disappointed
- Miserable



THOUGHTS

- 'I'm a failure'
- 'I'm worthless'
- 'Life's not worth living'
- 'It's my fault'
- 'People would be better off without me'



PHYSICAL HEALTH

- Tired all the time
- Recurrent or unexplained physical complaints
- Change in sleeping and eating patterns
- Significant weight loss or gain
- Sick and run down
- Headaches and muscle pain
- Churning gut

If you experience the above symptoms for more than two weeks, seek help and call the National Helpline at 16000



خدمات الصحة النفسية
Mental Health Service

