

Little Interest or
Pleasure in Activities?

Thoughts
of
Suicide?

Fatigue or No Energy?
Feeling Worthless?

Too Little or Too
Much Sleep?

DEPRESSION

Trouble
Making
Decisions?

Recent Weight
Loss or Gain?

Treat it as if your
life depended on it.

Hard to Think or
Concentrate?

Feeling Bad
About Yourself?

Thoughts
of Death?

Feeling Restless
or Nervous?

**If You Are Experiencing Any of These Symptoms,
Talk To Your Primary Care Manager.**



Minnesota Department of Human Services

save.

Suicide Awareness Voices of Education™

