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# For some of your patients, this list could be a life saver. Feelings of sadness or irritability Loss of Interest of 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...

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