

Activity 8

Estimated Time: 10 minutes

Now that you are well aware of the symptoms of depression, think of either yourself or someone you know and determine if you have any of the symptoms. Not only should you look at the most common symptoms of depression, such as feeling sad or low, you should also think about the hidden symptoms of depression, too. Count how many symptoms you or someone you know is showing, and if it is several, consider seeing your GP or advising the person to see their GP.