

# Depression Symptoms

Depression is one of the primary factors in a suicide. It can be caused by many things, including:

- Failed relationships.
- Chemical imbalances in the body.
- Alcohol or drug abuse.
- Mental disturbances such as severe anxiety or psychosis.
- Loss of relatives or friends.
- Important changes in one's finances or job status.
- Prolonged frustrations and stress.
- Exposure to the harsh conditions of war.

There are many signs of depression. The most important ones are:

- Changes in sleep (sleeping excessively, disturbed sleep or not sleeping enough).
- Changes in appetite (eating too much or too little).
- Decreased energy levels.
- Loss of positive motivation.
- Loss of interest in hobbies and activities once enjoyed.
- Feeling hopeless, helpless, worthless or inadequate.
- Not caring anymore.
- Feeling unfairly chosen by some unseen force for a series of negative experiences. ("Bad things just keep happening to me.")
- Poor personal cleanliness.
- Poor job performance.
- Frequent vague complaints about one's physical condition.
- Excessive focus on death.
- Thoughts of self-harm.
- Feeling anxious, sad and "empty."