

# LET'S TALK MENTAL HEALTH

## Anxiety & Depression:

Did you know that Anxiety and Depression are the two most common mental health conditions in adults? About half of people diagnosed with depression also have anxiety.



### Anxiety:

Constant fear or worry that interferes with daily activities



### Depression:

Excessive, persistent sadness or numbness, with loss of interest in previously rewarding activities.



## Signs & Symptoms:

It is entirely normal to feel worried or sad sometimes. But if these feelings start to interfere with your everyday life, there might be something more going on. Here's what to look for:

### Anxiety:

- Feeling jumpy, restless, irritable or "on edge"
- Having a sense of impending danger or doom
- Feeling as if your mind goes blank
- Trouble concentrating
- Excessive worrying
- Breathlessness or rapid breathing
- Trembling, twitching or shaking
- Fullness in the throat or chest
- Light-headedness or dizziness
- Headaches, fatigue or insomnia

### Depression:

Symptoms last for for 2+ weeks:

- Feeling hopeless
- Feeling sad, worthless or guilty (common in women)
- Loss of interest in daily activities
- Anger or irritability (common in men)
- Reckless or defiant behaviour (common in teens)
- Weight changes
- Trouble falling or staying asleep
- Loss of energy
- Unexplained aches and pains

# #1

301 million people are living with an anxiety disorder 

Depression is the leading cause of disability worldwide

### Depression:

Some people think depression is not a genuine health condition. They're wrong – it is a real illness with real symptoms. It is not a sign of weakness and it is not something that you can 'snap out of' by 'pulling yourself together'.

### Anxiety:

Feeling anxiety is not the same as having an anxiety disorder, which is a diagnosable mental health condition.