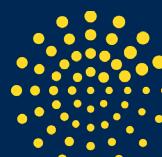


# Now's the time to talk about depression.

Your mental health  
is just as important as  
your physical health.

Know the signs >

IRRITATED.  
LOSS OF INTEREST.  
FATIGUE.  
NOT SLEEPING  
OR SLEEPING  
TOO MUCH.  
NO ENERGY.  
PHYSICAL  
PROBLEMS  
OR PAIN.  
FEELING  
WORTHLESS  
OR GUILTY.  
LACK OF  
CONCENTRATION.



MindWise  
INNOVATIONS