

# MY CLUB AND DEPRESSION: CLUB HANDOUT

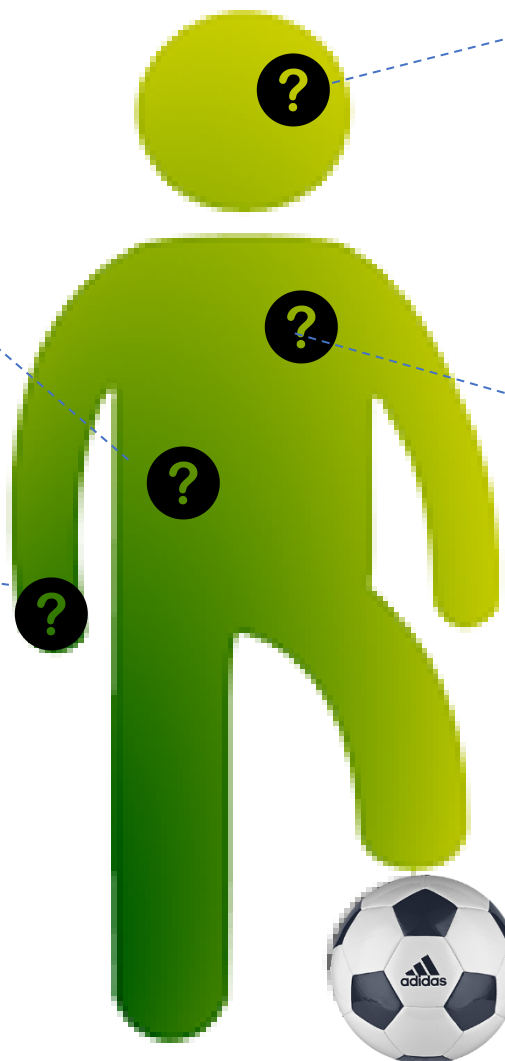


## Physical Symptoms

- Sick & run down
- Difficulty Sleeping
- Poor Appetite
- Muscle pains
- Tired

## Behaviours

- Withdrawn from Friends
- Don't get things done; give up
- Stop doing things you enjoy
- Has difficulty concentrating
- May turn to alcohol or drugs
- Dangerous behaviour



## Thoughts

- Nothing good ever happens to me
- There no point in me being here
- I can't do anything right
- My future looks bleak
- I am worthless
- Its my fault
- I am a failure

## Feelings

- Overwhelmed
- Unhappy
- Irritable
- Frustrated
- Lacking Confidence
- Indecisive

If you notice any signs and need help:  
Helplines NI can help you find the right  
service in your community



Shaping, Changing & Saving Lives



listen. support. inform