



South Asia Health Support Program

In the past **2 weeks** have you...

- Feel sad most of the day
- Decreased interest
- Weight loss
- Can't Sleep or Sleep too much
- Can't Concentrate
- Loss of energy
- Feeling worthless
- Recurrent suicidal thought

If you suffer from **FOUR OR MORE**, SEEK MEDICAL ADVICE

More female than male

Substantial impairment in an individual's ability

Affecting about 121 million people worldwide

Common mental disorder

DEPRESSION

Suggestions

Regular physical exercises
(2-3 times/week,
at least 30mins)

Improve communication
skills and coping
resources with family
members

If feeling upset,
try to tell
others

Maintain social contact
with others, join
social activities

When dealing
with obstacles, ask
for help

