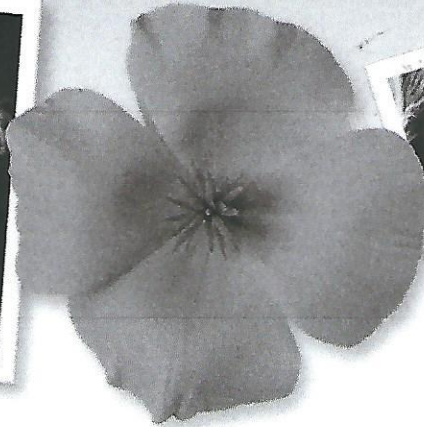
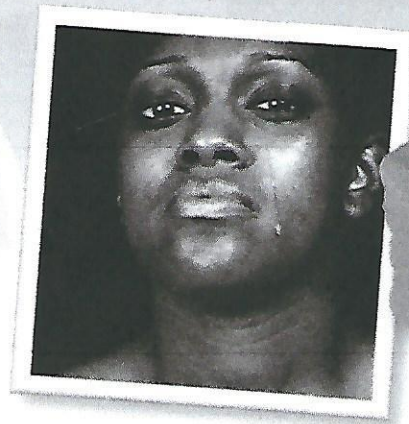


GRIEF vs. DEPRESSION



What do we mean by Grief vs. Depression?

There is a lot of overlap with the experience of grief and depression. But, there are also differences. In grief, gradually and after an undetermined amount of time, these symptoms will go away. Sadness may come and go but it doesn't affect your ability to function. In depression, these feelings are unremitting and carry with them the real danger of suicide and daily functioning at work and home are impaired.

HERE ARE SOME SYMPTOMS:

GRIEF

- ✓ Sadness, despair, mourning
- ✓ Fatigue or low energy
- ✓ Tears
- ✓ Loss of appetite
- ✓ Poor sleep
- ✓ Poor concentration
- ✓ Happy and sad memories
- ✓ Mild feelings of guilt

DEPRESSION

- ✓ Changes in sleep patterns & appetite
- ✓ Exaggerated guilt
- ✓ Suicidal thoughts
- ✓ Low self-esteem
- ✓ Helplessness/Hopelessness/
Powerlessness
- ✓ Agitation
- ✓ Loss of interest in
pleasurable activities
- ✓ Exaggerated fatigue
- ✓ Difficulty concentrating

NEED HELP?

If you are having thoughts of suicide-No matter what problems you are dealing with, there are people who want to help you. By calling the **National Suicide Prevention**

Lifeline:

1-800-273-TALK (8255)

You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

