HOPE

BLOG

What Depression Can Look Like

HOPE

More Than Sadness

- A lack of interest in everyday activities
- Irritability or poor concentration
- Trouble sleeping, low energy or appetite changes

Lasting at Least 2 Weeks

- Major depression lasts at least 2 weeks
- It can range from mild to severe

During Pregnancy and After Birth

- Pregnancy and the first 12 months after delivery
- Difficulty bonding with the baby
- Persistent doubt about parenting

HOPE

Read the full article

Depression Screening: What the Questions Are and Who Should Be Screened

hopeintegrativemed.com

(843) 737-0312

General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988, any time.