

Depression is **MORE** than a rough patch.

- Do you feel sad or hopeless?
- Is it hard to focus, remember things or make decisions?
- Do you feel guilty or unworthy for no reason?
- Have you lost interest in daily activities?

If you are experiencing these symptoms for a period of time, you may be depressed. For more information and helpful resources, visit MagellanHealthcare.com/Mental-Health.

Source: Healthwise