

# save.

Suicide Awareness Voices of Education™

## Prevent suicide. Treat depression.

Learn the signs of depression and you might be able to save the life of someone you love. To find out more call **1-888-511-SAVE** today.

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Suicide Awareness Voices of Education™  
www.save.org

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## Prevent suicide. Treat depression.

Depression is a brain illness. Left untreated it can lead to suicide. By knowing the signs of depression you can get someone you care about to a doctor. Don't let depression take another life.

**Call 1-888-511-SAVE.**

### Symptoms of Depression

- Change in sleep
- Low energy
- Indecisiveness
- Weight change
- Lack of interest
- Loss of focus
- Thoughts of death
- Low self esteem
- Slowed/agitated behavior

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## IS IT ALL IN HIS HEAD?

Depression isn't something that's "all in your head." It's a serious brain illness. Left untreated depression can lead to suicide. By knowing the signs of depression you may be able to save the life of someone you care about.

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