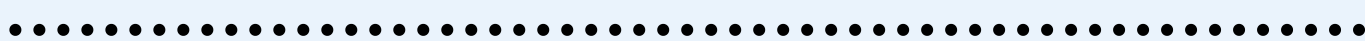


# WHAT IS DEPRESSION ?



Depression, also known as Major Depressive Disorder, is a mood disorder that causes a persistent feeling of sadness and loss of interest.



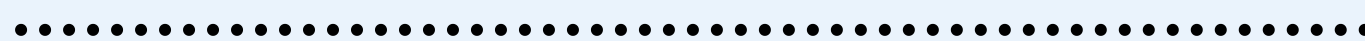
## 1 IN 15 PEOPLE EVERY YEAR

264 million people currently suffer from some form of Depression.



## DID YOU KNOW?

The causes of depression can be genetic as well as environmental.



## DO YOU HAVE ANY OF THESE SYMPTOMS?

- Feeling Helpless
- Feelings of Guilt
- Withdrawing from friends and family
- Loss of Appetite
- Suicidal Thoughts
- Abusing Alcohol and Drugs

Always consult a medical professional.

For more information, go to [www.chaitanyarehabnepal.com](http://www.chaitanyarehabnepal.com)

