



10 Signs of *Depression*

A guide for patients, families & caregivers in Mumbai

Depression is more than feeling sad. It is a **medical condition** that affects how you think, feel, and function — and it responds well to treatment. Recognising these signs early makes a significant difference in recovery.

10 WARNING SIGNS TO WATCH FOR

01 **Persistent low mood**

Feeling sad, empty, or hopeless most of the day — nearly every day for 2+ weeks, with no clear reason.

02 **Loss of interest or pleasure**

Activities once enjoyed — hobbies, socialising, intimacy — no longer bring any joy or motivation.

03 **Sleep disturbances**

Sleeping too much, waking too early, or lying awake for hours despite feeling exhausted.

04 **Extreme fatigue**

An overwhelming sense of tiredness even after rest. Small tasks feel disproportionately draining.

05 **Changes in appetite or weight**

Significant weight gain or loss without dieting; eating much more or much less than usual.

06 **Difficulty concentrating**

Trouble thinking clearly, making decisions, or remembering things — affecting work and daily life.

07 **Feelings of worthlessness or guilt**

Harsh self-criticism, excessive guilt over small matters, or a pervasive feeling of being a burden.

08 **Unexplained physical symptoms**

Headaches, body pain, digestive issues with no clear medical cause — depression can manifest physically.

09 **Social withdrawal**

Pulling away from family, friends, and responsibilities — avoiding calls, visits, and work commitments.

10 **Thoughts of death or self-harm**

Recurring thoughts about death, hopelessness, or wishing to not be alive. Seek help immediately if present.

When to seek professional help



If **5 or more of the above signs** have been present for at least two weeks and are affecting your daily functioning — **please consult a psychiatrist**. Depression is highly treatable with

the right combination of therapy and, where needed, medication. Early intervention leads to faster, more complete recovery.

FREE TOOL

Take the PHQ-9 Depression Screening Quiz — a clinically validated, 2-minute self-assessment used by psychiatrists worldwide.

drpavansonar.com/depression



Dr. Pavan Sonar

MBBS · DPM · DNB Psychiatry · MS Counselling & Psychotherapy ·
Sexologist · Life Coach

drpavansonar.com

Andheri West · Bellevue Hospital

Malad West · Riddhivinayak Hospital

Malad East · New Sanjeevani Hospital

Borivali West · Bhagat Polyclinic

+91 85918 40141

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