Did you know one in five individuals is affected by anxiety and/or depression? There are some differences and similarities in how they can affect an invidual. Here are some of the signs and symptoms.

Depression

frustration sadness worthlessness irritability tiredness

disturbance in sleep

changes in appetite
thoughts of suicide or death

loss of interest in normal activities

<u>Both</u>

Restlessness

Trouble thinking or making decisions

Excessive worrying

Agitation

Unexplained physical symptoms, like head or stomach aches

Anxiety

sense of impending danger
feelings of dread
high heart rate
trembling
sweating
increased breathing rate
feeling nervous
or powerless

Have more questions about mental health?

If you have mental health questions or concerns, give Peace River Center a call today and schedule an evaluation at **863.248.3311** or toll-free at 800.305.6780. If you or a loved one experiences a mental health crisis, needs emotional support, or struggles with substance use urges, remember Peace River Center's Mobile Crisis Response Team is available for support 24 hours a day, 7 days a week by calling **863.519.3744**.