



5 Warning Signs of Depression

Know What to Look For. Know When to Reach Out.

IN ADULTS

- Persistent low mood or emptiness that does not lift
- Loss of interest in things that used to matter — training, family, work
- Exhaustion that rest does not fix
- Irritability, anger, or emotional numbness
- Withdrawing from friends, teammates, community
- Thoughts of hopelessness or that things won't get better

IN YOUTH

- Increased irritability or anger — not just sadness
- Dropping grades or avoiding school or practice
- Pulling away from friends and teammates
- Sleeping too much or not at all
- Saying things like 'nothing matters' or 'I don't care anymore'

Depression is real. It is not weakness. And it is treatable.

Call or text 988 — Suicide & Crisis Lifeline, 24/7, free, confidential

Designed to print and post: gym bulletin board, fridge, locker, school counselor's office