



Health Promotion on
St Helena



HEALTH MATTERS

Mental Health Week 8 - 14 May

One in four people has a **mental illness**.
You can be the **one** that helps.

Fact: Depression is the **No. 1** cause of ill health and disability around the world
(World Health Organisation)

SYMPTOMS OF DEPRESSION

Flat mood
Physical Problems
Irritability
Overly dwelling on the Past
Self Esteem Issues
Withdrawing from Others
Sleep problems
Erratic Eating
Difficulty with concentration

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Symptoms of Anxiety

SENSE OF DREAD
CHOKING
RAPID HEART BEAT
SHAKY
FEEL FAINT
WOBBLY LEGS

Help is at hand, contact the
St Helena Mental Health Team
at St John's Villa on tel: 22593

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