

Symptoms of Depression

When most people are asked to name the symptoms of depression, most people will answer “Sadness”. However, did you know, there are many other symptoms of depression?

Symptoms of depression may include:

- Lack of interest in activities
- Trouble sleeping or oversleeping
- Feelings of guilt
- Psychomotor changes
- Difficulty thinking clearly or concentrating
- Fatigue or decreased energy
- Changes in appetite or weight changes
- Irritability
- Sadness

If you or someone you know is experiencing these symptoms, please reach out for help today!

Crisis Care: How it Works

- Law Enforcement receives a call that an individual is experiencing a mental health crisis.
- Law Enforcement responds to the individual.
- Law Enforcement introduces the individual to crisis care tablet or requests a text be sent by the Avel team to any personal device.
- Avel Behavioral Health nurse performs an assessment with the individual and gives recommendation to the responding officer.
- Once encounter is complete, referral is sent to local community health resources for follow-up support with the individual.

**To activate
Avel eCare services
for a person in crisis**

Call 1-844-250-7302

Save this number by scanning
the QR Code below:

