

COMMON WARNING SIGNS OF depression

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- Little interest or pleasure in doing things
 - Poor appetite or overeating
 - Feeling down, depressed or hopeless
 - Trouble concentrating on simple tasks like watching TV or reading
 - Trouble falling or staying asleep, or sleeping too much
 - Feeling bad about yourself, or that you are a failure or have let yourself or your family down
 - Feeling tired or having little energy
 - Thoughts that you would be better off dead or of hurting yourself

May is Mental Health Awareness Month

Methodist Healthcare is recognized as the most respected and preferred health care provider in South Texas. Our commitment to provide an exceptional standard of care extends to our crisis stabilization services for mental health and substance abuse conditions. For over 20 years, our multidisciplinary team and individualized treatment approach has served to provide a safe, comfortable environment that promotes recovery.

We offer mental health services for adults age 18 years or above. Our 74-bed secure unit, including a specialized 10-bed geriatric unit, is located at Methodist Hospital Specialty and Transplant. We offer an individualized treatment with inpatient, outpatient, and intensive outpatient programs.

METHODIST HEALTHCARE | SAHealth.com/mindfulness

**Worried about
yourself or
someone you
care about?
Call 210.575.0500**

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MORE ABOUT OUR
MENTAL HEALTH
SERVICES AND VIEW
MINDFULNESS VIDEOS**

