

## **Dear Guests!**

### **Do you have?**

1. Depressed mood for most of the day/ most days in a week?
2. Reduced interest in activities?
3. Weight loss or sudden weight gain?
4. Difficulty sleeping/ staying asleep/ getting up?
5. Constant fatigue?
6. Constant feeling of being useless?
7. Difficulty concentrating on work?
8. Frequent thoughts of dying?
9. Poor self confidence?
10. Frequent physical complaints?
11. Excessive panic/anxiety in certain situations?
12. Fear of social/performance oriented situations?
13. Repetitive behaviours eg. Hand washing frequently?
14. Repetitive distressing dreams of some event?
15. Excessive bursts of anger/irritability?
16. Constant restlessness?
17. Constant binge eating or not wanting to eat?
18. Difficulty in adjusting to most events?
19. Fear of not being liked by people?
20. Excessive perfectionism on most tasks?
21. Excessive rigidity for routines?

**If you have one or more of these symptoms, please contact our call center for an appointment with the psychologist (Dr. Rima Shah) on +91-80-49261111**