

# CHRONIC PAIN?



Are you experiencing any of the following?

- Pain that
- Lasts more than
- Interferes with
- Sleep
- Daily sleeping
- Health problems, including depression, anxiety,
- And irritability due to chronic pain

# FEELING SAD



Are you experiencing any of the following?

- Persistent sad, anxious, or "empty" feeling
- Loss of interest
- Difficulty making decisions
- Loss of self-esteem
- Guilt, worthlessness, or helplessness
- Irritability
- Sleep
- Disturbed sleep
- Chronic fatigue
- Loss of interest
- Suicidal thoughts