

# CHRONIC PAIN?



Are you experiencing any of the following?

- Pain that
- Lasts more than
- Worsens over
- Interferes with
- Disrupts sleeping
- Daily activities, 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
- Disrupted sleep
- Chronic fatigue
- Loss of interest
- Suicidal thoughts