



DEPRESSION

Depression is a common mental health condition that affects millions of people. It is characterized by persistent feelings of sadness, loss of interest in activities, and changes in appetite and sleep patterns.

Depression can be treated with therapy, medication, or a combination of both. It is important to seek help if you are experiencing symptoms of depression.

Depression is a serious condition that can affect your ability to function in daily life. It is important to seek help if you are experiencing symptoms of depression.

Restless legs syndrome

Restless legs syndrome (RLS) is a neurological disorder that causes an irresistible urge to move the legs, often accompanied by uncomfortable sensations. The symptoms are typically worse at night and can significantly disrupt sleep.

- Restless legs syndrome
- Sleep disturbance

What to do now

Restless legs syndrome can be treated with medication, lifestyle changes, or a combination of both. It is important to seek help if you are experiencing symptoms of RLS.

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- Restless legs syndrome
- Sleep disturbance
- Leg pain
- Disrupted sleep

What to do now

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