

# HorizonMinds Consulting Services, Inc. Mentoring Program

♀ **Educating, Motivating, & Inspiring Young Minds!** ♀

## Save our Children – Become a Mentor!

### WARNING SIGNS

Are you worried about **depression** for yourself or your friend? Answering "yes" to one or more of these symptoms may indicate a problem. Feeling sad much of the time

- Feeling worthless
- Feeling like nothing good will ever happen
- Having a negative attitude
- Losing interest in favorite activities
- Difficulty concentrating
- Changes in sleep patterns
- Changes in eating habits
- Feeling tired
- Thoughts of death and suicide
- Increased use of alcohol and other drugs

Individuals who are suffering from depression must get help. [www.HorizonMinds.com](http://www.HorizonMinds.com)



**Young People, Think – what is YOUR dream for:  
Yourself? Your family? Your community? Your country? Your world?**

**Our Children are DYING for our ATTENTION! Please Show Support and Make a Donation.**