

## YOUR EMPLOYEE ASSISTANCE PROGRAM

# Depression Awareness

Most people experience ups and downs in life. Sadness is a normal reaction to events such as the loss of a friend or a setback at work. But if feelings of emptiness or despair take hold and are interfering with your ability to function or enjoy time spent with friends or family, you may be experiencing depression. Some tips for dealing with depression include the following:

- Seek expert help – your doctor is a good place to start, and your Employee Support Program can help too. Get help immediately if you are having thoughts of harming yourself or others.
- Learn as much as you can about depression and its symptoms, even if you feel well. Sometimes it's hard to identify depression while you're experiencing it. Having knowledge in advance can help.
- Try different ways of coping, such as relaxation activities, gentle exercise, and continuing with hobbies.

Your Employee Assistance Program can provide free, confidential, and independent support on this topic, as well as assistance on any of the work, personal, and family challenges that life may bring.



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.



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