



Recognizing Depression

It's normal to be sad or irritable from time to time. But if you can't seem to shake those feelings, you might have depression. Changes in sleep, appetite, energy, and focus are other tell-tale signs that something is not right.

Your Employee Assistance Program (EAP) can connect you with the help you need. It offers:

- Assessments
- Help finding treatment
- Tips for healthy coping strategies
- Support along the way

Your EAP is confidential, customized for your needs, and available at no cost to you.