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## Recognizing depression

Depression goes beyond having a bad day or feeling sad. The illness of depression lasts more than two weeks at a time. Along with feeling low, it affects your sleep, energy levels and ability to concentrate. The good news is that depression is very treatable.

Your Employee Assistance Program (EAP) benefit can connect you with the help you need including:

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

**To learn more about the resources available and to find support, contact us today.**