

Employee Assistance Program *Tip Sheet*

Recognizing Depression: Symptoms & Sources of Support

What is depression? Depression is more than having a bad day or feeling blue. Depression occurs when these moods last for an extended period and start to interfere with normal, everyday functioning.

Some symptoms of depression include:

- Feeling sad or anxious often
- Having low drive to do things you used to enjoy
- Feeling irritable or easily frustrated
- Having trouble sleeping or sleeping too much
- Feeling lethargic, even after sleeping well
- Change in appetite
- Trouble concentrating, remembering details, or decision making
- Feeling guilty, worthless, or helpless
- Thoughts of suicide or self-harm

What Causes Depression?

Anyone can become depressed, and depression can affect anyone at any age. In general, 1 out of every 6 adults will experience depression at some point in their life. Depression is likely caused by a combination of genetic, biological, environmental, and psychological factors such as:

- Having blood relatives who have had depression
- Experiencing traumatic or stressful events, such as physical or sexual abuse, the death of a loved one, or financial problems
- Going through a major life change
- Having a medical concern such as cancer, stroke, or chronic pain
- Taking certain medications
- Using drugs or alcohol

Treatments for Depression

Treatment for depression varies by the severity of symptoms experienced. There are some very effective treatment options for depression, which include the following, often in combination:

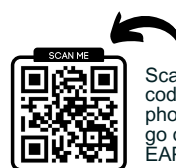
- Psychotherapy - also known as talk-therapy or counseling
- Medication prescribed by a physician
- Lifestyle changes including exercise, sleep, nutrition, and practicing mindfulness

If you're experiencing symptoms of depression and not sure what to do, the Employee Assistance Program (EAP) can help. You can access no-cost counseling sessions and 24/7 support by calling the number below. Reach out for assistance today.

Source: Centers for Disease Control. <https://www.cdc.gov/tobacco/campaign/tips/diseases/depression-anxiety.html>

24/7/365 PHONE:
1.833.539.7285

WEBSITE:
SOWI.MyLifeExpert.com
CODE: SOWI



Scan this QR code using your phone camera to go directly to the EAP website



Acentra
HEALTH

988

**SUICIDE &
CRISIS LIFELINE**

This national 24/7 toll-free number connects to local crisis centers where a trained worker will provide confidential support to people experiencing suicidal thoughts or emotional distress.



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