

Dealing With Depression

IS IT MORE THAN JUST THE BLUES?

Everybody at one point or another experiences sadness or the “blues,” however, major depression is a serious medical condition requiring professional diagnosis and treatment.

Your Employee Assistance Program can help with:

- Screening for depression or providing a referrals for treatment
- Short-term counseling to help combat the underlying causes of depression
- Understanding the connection between thoughts, emotions, and behaviors
- Better understanding of the causes and triggers for depression
- Providing follow-up support and resources

TOLL-FREE: **800-633-3353**

WEBSITE: www.mygroup.com

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.

