Depression

Up to 10 percent of the American population suffers from some sort of depression. Depression can interfere with a person’s ability to function effectively in everyday life. It can cause pain and suffering, not only for those who are depressed but also for the people who care about them. Fortunately, depression is a treatable illness. Call LifeWorks anytime to speak with a professional, confidential consultant who can help you learn about depression, recognize the symptoms and get the help you or your loved one needs.

LifeWorks is featuring the online assessment tool, Are You Depressed?, which can help you determine whether you’re experiencing symptoms of depression.

Two video tips, Recognizing Depression and Treating Depression, are also available to view on www.lifeworks.com.

You can also read or download these informative articles:

- Quick Facts About Depression
- Depression in Children and Teenagers
- Seasonal Affective Disorder
- Stress and Depression at Work
- Postpartum Depression
- Helping an Older Friend or Family Member Who Is Depressed

If you or your spouse is serving in the military, you may be dealing with additional concerns. Whether it’s emotional support during deployments, help with child care, relationships, money matters or relocation, Military OneSource can help – 24/7! Available anytime, anywhere for all active-duty, Guard and Reserve and their families, at no cost.

www.militaryonesource.com
Stateside: 1-800-342-9647

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY/TDD: 800-346-9188
You can also visit the LifeWorks Web site at www.lifeworks.com
(user id: temple; password: eap)