

October is Depression Awareness Month



Many of us know the signs of illnesses like heart disease, diabetes and high blood pressure. But what about the signs of depression? Fewer people know these symptoms because emotional issues like depression have typically been swept under the rug.

Mental health stigma

Mental health problems can be as disabling as physical health problems. So why do people pretend emotional issues don't exist? It's all about mental health stigma which can be very harmful if it keeps someone from seeking help. Whatever is causing you pain or harm — whether it be physical or emotional – needs attention and treatment.

Know what to look for

Everyone's depression is different. But here are some common symptoms:

- Fatigue
- Inability to focus or trouble concentrating
- Sadness, anger and irritability
- Loss of interest in fun or spending lots of time alone
- Too much or too little sleep
- Anxiety

Know what to do

If someone you know seems depressed, you can help by listening, encouraging and never judging. Describe your observations and why you're concerned. Offer to accompany the person to see a professional who can help. Never tell a depressed person to "toughen up" or "try being happy." That's like asking someone with a broken leg to "walk it off." It's not something he or she can do.

If you feel depressed, get professional help. Depression is hard to beat alone. Therapy, and sometimes medications, can make all the difference. Exercise, sleep and eat well. Let someone who cares about you know what you're going through. And let that person help.

For further information, contact us. You can also call the National Suicide Prevention Hotline at **1-800-273-8255** for help anytime, day or night.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.