

October is...

National Depression Awareness Month

DEPRESSION - Everyone feels “blue”, “down in the dumps”, “blah”, or “bummed” occasionally. These situations are often accompanied by feelings of helplessness and hopelessness. For most people, these feelings go away quickly. However, if these feelings do not get better or go away then a Depressive Illness may be present and medical and/or psychological treatment is needed.

COMMON CAUSES

Depressive illnesses can be caused or influenced by a number of factors including: life stresses, personality styles, biological components, situational and/or seasonal factors, life event transitions, low self-esteem, and/or physical changes in body (chemical imbalance or injury).



COMMON SYMPTOMS

- Significant weight loss or gain
- Waking in the middle of the night or early a.m. waking
- Concentration problems, forgetfulness
- Indecisiveness
- Increase in anger or tearfulness
- Cannot sit still, pacing, jumpiness
- Loss of appetite
- Food cravings especially carbohydrates and sweets
- Loss of interest in daily activities
- Thoughts of death, dying, and suicide

YOUR EAP CAN HELP

- Set up an appointment with an EAP professional to talk about causes of depression and coping techniques.
- Call for an over the phone depression screening and receive recommendations and/or resources.

IT'S EASY TO USE

- Call Cascade EAP at 800-433-2320
- Email us at info@cascadecenter.com for more information



Cascade Employee Assistance Program
1-800-433-2320
www.cascadecenters.com