

## Depression: Do you know the signs?



Depression is a mental health concern. All people experience some form of depression at some time in their lives. The good news is that depression, in all forms and levels of intensity, can be treated if the signs are recognized.

### Depression vs. “The blues”

In a mild form, depression can be thought of as a response to environmental factors. Life is difficult, and the disappointments and challenges that life brings can lead to a downward cycle of negative thoughts, hopelessness, or feeling helpless. Everyone experiences the blues from time to time; especially when managing stressful life situations like the loss of employment, marital problems or grief. Typically, these natural reactions to stressful events will improve over time.

### Signs of depression

Other forms of depression can be longer lasting and more biological in nature. When feelings of sadness and depression occur for weeks or months at a time, it may be more serious than a case of the blues. When a person feels unhappy or hopeless most of the time, even the simplest/mundane tasks like going to work or getting out of bed can feel overwhelming. Are you unsure if your sad feelings are just a phase? If you answer yes to any of the following questions, or notice these behaviors in a loved one, you may want to consult with a counselor.

- Is your mood interfering with personal relationships or job performance?
- Have these feelings lasted for longer than two weeks?
- Is your stress from a single, identifiable stressor stress (example: serious illness of child) that does not have a clear end in sight?
- Are you beginning to feel worthless or guilty about the situation?
- Is the stress not allowing you to find happiness in other parts of your life?

### How can the EAP help?

An EAP counselor can discuss what you’re experiencing and offer solutions for ongoing help. The EAP can also provide practical assistance for stressful events that might lead to someone temporarily feeling sad or down, such as legal problems or financial concerns. Reaching out to the EAP can bring relief and make overwhelming situations feel more manageable.

**Connect with us for confidential support or to learn more**

Access your EAP 24/7 by phone or web.

**1.888.293.6948 | [workhealthlife.com/Standard3](http://workhealthlife.com/Standard3)**