

# Depression hurts. Let us help!



## Depression affects everyone differently. Symptoms can include:



Sadness



Changes in  
your appetite  
or weight



Difficulty  
sleeping or  
oversleeping



Feelings of  
hopelessness,  
pessimism,  
guilt and  
worthlessness



Fatigue or  
low energy



Poor  
concentration



Loss of  
interest in  
activities



Irritability

## Here's the good news! Depression is very treatable.

**When you're ready, we're here.** Your Employee Assistance Program (EAP) can help you deal with depression and the things in your life that contribute to it.

**Depression is a common problem.** In 2015, 16.1 million Americans ages 18 and over said they'd experienced depression over the past year.\*

### Start by contacting your EAP.

**For confidential and professional assistance, 24/7:**

**By phone: 800-999-7222**

**Online: [anthemeap.com](http://anthemeap.com)**

**Login: AOC**

Remember, EAP is available to both you and your household members!

With EAP, you also have access to myStrength, a health club for the mind; myStrength provides:

- Personalized online and mobile wellness tools for managing depression, stress and other conditions.
- Inspirational videos, articles and quotes.
- Step-by-step eLearning modules.

Check out [this video](#) to learn more.



\* Substance Abuse and Mental Health Services Administration website, *Reports and Detailed Tables from the 2015 National Survey on Drug Use and Health (NSDUH)* (accessed July 2017); [samhsa.gov/samhsa-data-outcomes-quality/major-data-collections/reports-detailed-tables-2015-NSDUH](http://samhsa.gov/samhsa-data-outcomes-quality/major-data-collections/reports-detailed-tables-2015-NSDUH).

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