Depression is a serious but treatable disorder. When someone you care about is struggling, your companionship and support can help them get on the road to recovery.

• **Learn to recognize the symptoms**—Educate yourself on symptoms such as losing interest in activities, expressing a negative outlook, and changes in sleep habits.

• **Encourage the person to get help**—Few people get over depression without some type of treatment. Offer to help make a list of their symptoms to discuss with a doctor or look for support groups.

• **Talk about it**—Start a conversation about why you are concerned and listen with compassion.

• **Watch for warning signs of suicide**—Talking a lot about death or giving things away is a very real danger when someone is depressed. Call 911 or emergency help if you think the person is going to harm themself or others.

EAP is here to provide you with compassionate and caring support. Go online to eap.calhr.ca.gov or call 1-866-327-4762 to get started.