

EMPLOYEE ASSISTANCE PROGRAM

NATIONAL DEPRESSION AND MENTAL HEALTH AWARENESS AND SCREENING MONTH

Depression is real, common, and treatable.

Recovery is possible.

Symptoms



Isolation



Lack of energy



Trouble sleeping



Substance misuse



Anger or sadness

What you can do



See your doctor or contact EAP.



Get screened.



Learn about self-help.

Help is available. Contact EAP at 866-327-4762 or go online to eap.calhr.ca.gov for helpful resources.

