## EMPLOYEE ASSISTANCE PROGRAM

## NATIONAL DEPRESSION AND MENTAL HEALTH AWARENESS AND SCREENING MONTH



Depression is a complex condition that can affect people no matter their age, gender, race or life situation. If you feel depressed, see your doctor or contact the Employee Assistance Program.





1-866-EAP-4SOC (1-866-327-4762)
TTY USERS SHOULD CALL: 1-800-424-6117
eap.calhr.ca.gov
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