

Support for *Depression*

When low mood or lack of interest sticks around, it can be a sign that you or a loved one need extra support. Help is available, and reaching out can be a strong first step.

Often, depression is confused with, or closely linked to, feelings of sadness. However, depression is a condition that involves many symptoms beyond sadness. Common signs and symptoms of depression include:

- A persistent feeling of sadness, anxiety, or an “empty” mood
- Feelings of hopelessness and pessimism
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Lower energy levels, exhaustion, and a sense of being “slowed down”
- Difficulty concentrating, remembering, and making decisions



When someone is suffering from depression, it can interfere with their daily life and normal functioning. What's important to remember is that depression is an illness, not a sign of weakness or a character flaw. Most people who experience depression require treatment to cope with symptoms.

Depression is Treatable

Even the most severe cases of depression have treatment options available to help manage symptoms. Treatment is more effective the earlier it begins.

If you think you might have depression, the first step is to arrange an appointment with a health professional, either privately or through your Employee Assistance Program.



How can we help?

If you're feeling depressed, your GuidanceResources® Employee Assistance Program can help. Call **888.327.7501** or log on to guidanceresources.com using your organization's Web ID: **STATEFARM** to connect with counseling, work-life support, legal and financial guidance, and a wealth of other tools and resources to help you during challenging times. Talk to us for:

- Short-term counseling to support mood regulation
- Understanding treatments for depression
- One-on-one coaching for improving diet, sleep, exercise, and other life factors that can contribute to depressive symptoms

24/7

Live
Assistance

Call: 888.327.7501

App: GuidanceNowSM

Online: guidanceresources.com

TRS: Dial 711

Web ID: STATEFARM

→
Scan for more
resources

