



Depression is treatable. The first step is to recognize it.

It's normal to feel sad when you get bad news or temporarily lose interest in things you normally enjoy. But sometimes normal feelings like sadness, fatigue, or anxiety don't go away or appear for no reason. If this has happened to you, you may be experiencing symptoms of depression. If you have depression, you are not alone. It is estimated that depression affects about 15 million adults in the U.S. each year.

Over the past two weeks, have you been bothered by any of the following problems:

- Little interest or pleasure in doing things
- Feeling down, depressed, or hopeless

In addition, have you been experiencing any of the following:

- Sleeping too much or too little
- Changes in appetite or weight
- Loss of energy
- Feeling guilty or worthless
- Feeling slowed down or restless
- Difficulty concentrating or making decisions
- Thoughts of self-harm or suicide

You should talk to your healthcare provider about symptoms you may have and the options that may be available to you.

Help is available:

TeamstersCare Employee Assistance Program
1-800-851-8326