



Depression: Moving Forward



Employee Assistance Program

We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

Recognize and Overcome Depression

Feeling down? Everyone gets a little down sometimes. But if sadness, loss of interest in daily activities, and trouble with sleep or appetite persist, depression could be the cause.

Access your program for tools that can help you recognize the signs of depression and move forward. Treatment works!