

Feeling Down?

Know When to Get Help

Life's pressures, too little sleep, suffering a loss or disappointment can all affect your moods and emotional health. Small or large setbacks can seem like the end of the world. If your feelings of sadness, irritability, or hopelessness don't go away, it could be depression. Depression is a condition that can be treated, usually with therapy and/or medications. The earlier you get help, the better. **If you have any of the following warning signs, a Health Advocate Licensed Professional Counselor can offer you free, confidential help.**

Watch for these Signs

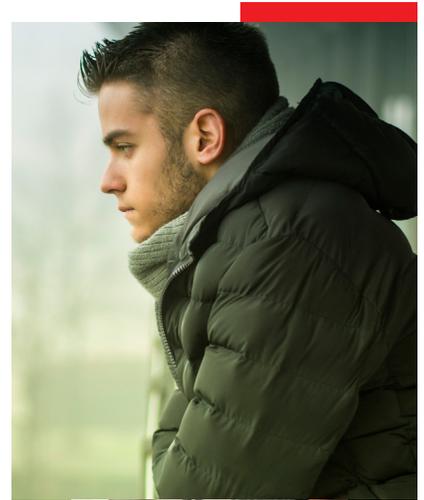
The difference between depression and feeling down is how severe the symptoms are and how long they last. Ask yourself these questions:

- Do you often or usually feel sad, anxious or “empty”?
- Do you sleep too little or too much?
- Has your appetite shrunk, and have you lost weight? Or do you have a bigger appetite, and have you gained weight?
- Have you lost interest in activities you once enjoyed?
- Are you restless or irritable?
- Do you have persistent headaches, chronic pain or constipation that don't respond to treatment?
- Do you have difficulty concentrating, remembering or making decisions?
- Do you often feel tired or lack energy?
- Do you feel guilty, hopeless or worthless?

We Can Help. Just Call.

If you have any of these signs for longer than two weeks or if they are interfering with your daily life, call us to talk to a Licensed Professional Counselor. You'll get help to explore your symptoms, learn coping techniques and receive referrals to an appropriate professional, if needed. In a crisis, help is available 24/7.

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If you are having thoughts that life is not worth living or ideas of harming yourself—seek help immediately. Call the National Suicide Prevention Lifeline at **1.800.273.TALK (8255)** or call 911.

Turn to us—we can help.



Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/

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