



Feeling down or upset? 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. Health Advocate is available at no cost to employees, spouses, dependents, parents and parents-in-law. Completely confidential. **In a crisis, help is available 24/7.**

Turn to us—we can help.



866.799.2485

Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/members

Download the app today!



We're not an insurance company. West's Health Advocate Solutions is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

©2018 Health Advocate HA-M-P008-7FLY



HealthAdvocateSM