

Dealing With Depression



IS IT MORE THAN JUST THE BLUES?

Learn to identify depression, coping with the symptoms, and when to ask for help.

ENCOMPASS Employee Assistance and Work/Life Service can help with:

- Articles and tip sheets on the symptoms of depression, treatments, and parenting a child who is depressed
- Information on depression and exercise, seasonal affective disorder, and the baby blues
- Resources on anti-depressant therapy
- FAQs on antidepressant medications and their side effects

TOLL-FREE: **800-788-8630**

WEBSITE:

www.encompass.us.com

Available anytime, any day, ENCOMPASS Employee Assistance and Work/Life Service is a free, confidential program to help you balance your work, family, and personal life.



**ENCOMPASS EMPLOYEE ASSISTANCE AND WORK/LIFE SERVICE
MAY 2016**