











National Depression and Mental Health Awareness and Screening Month

Depression is real, common and treatable. Recovery is possible.

SYMPTOMS

-  Isolation
-  Lack of energy
-  Trouble sleeping
-  Substance misuse
-  Anger or sadness

WHAT YOU CAN DO

-  See your doctor or contact your program
-  Get screened
-  Learn about self-help

Help is available. Contact your Employee Assistance Program at [MagellanAscend.com](https://www.MagellanAscend.com) or 1-866-580-9046 (TTY 711).

