

DECONSTRUCTING DEPRESSION

Build Your Mental Health Foundation



May 2020

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Depression can affect anyone at any time for any reason such as isolation, loss or significant life changes. Our goal is to help you learn more about this mental health illness and take steps toward rediscovering your best self.

This program provides confidential counseling, resources and referrals to better understand depression and build a foundation to cope.

WEBINAR

Understanding Depression
Available May 1. Located in the Monthly Feature Tile.

Among mental health illnesses, depression may be the most commonly misunderstood. The more you know, however, the easier it is to overcome the fear and stigma surrounding this treatable condition.

Learn about the types of depression, the causes, symptoms and available treatment options.

COVID-19 RESOURCES

coronavirus.eaptoolkit.com



ACCESS TO CARE

