

Some things in life seem
UNBEARABLE



Getting help for depression
shouldn't be one of them.

When you're dealing with depression at work, you are not alone. It's likely that your workplace offers support!

If you're in immediate crisis, contact the National Suicide Prevention Lifeline:
1-800-273-TALK (1-800-273-8255).

- ☀ Check your employee benefits program to learn more about your options, including any required processes for seeking specialty care, such as a referral.
- ☀ Many companies offer confidential employee assistance programs (EAP), which provide free or low-cost behavioral health services.
- ☀ Contact your benefits provider or behavioral health plan. If you're unsure of your coverage, call the toll-free number listed on your insurance card for more information.
- ☀ Talk to your primary care physician, who may suggest that you make an appointment with a mental health professional.



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