




Recognizing Depression

It's normal to be sad or irritable from time to time. But if you can't seem to shake those feelings, you might have depression. Your Employee Assistance Program (EAP) can connect you with the help you need. It offers:

- Assessments
- Help finding treatment
- Tips for healthy coping strategies
- Support along the way

 800-432-5155

 bcbsmn3.mybeaconwellbeing.com

