

Recognizing depression

Depression is a serious health condition, which isn't the same as occasionally feeling sad or discouraged. It lasts for long periods of time, and can affect the way you think and behave. Changes in sleep, appetite, energy, and focus are all common signs.

If you or a loved one struggles with depression, your Employee Assistance Program (EAP) offers a wide range of support and resources available at no extra cost, including:

- Screenings to help diagnose depression.
- Information on treating depression.
- Free confidential counseling, in-person or online.
- Referrals to support groups and treatment.
- Tips for helping a loved one who is experiencing depression.

Your EAP also includes access to Emotional Well-being Resources, a set of digital tools you can use to help improve your emotional well-being.

These resources can help you recognize depression and find the treatment and support that's right for you:

Professional counseling

Connect with a licensed professional counselor for confidential online or in-person sessions. You and your household members each receive 4 visits per issue per year.

Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

Online support

Search for "depression" on the website to read articles that can help you and your loved ones.



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Your EAP is here to help, 24/7

There are multiple ways to find support:

- Call **800-865-1044**.
- Use our **Sydney Health** app.
- Go to **anthemEAP.com** and enter your company code: **COOK**.