

# Depression Support

If you're seeking support for depression, there are several avenues you can explore. Here are some options:

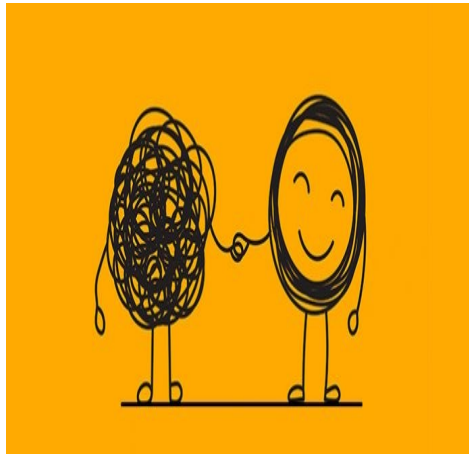
**Reach out to a Mental Health Professional:** Consider seeking help from a licensed therapist, counselor, or psychiatrist. They can provide a safe space to discuss your feelings, offer guidance, and suggest appropriate treatment options, such as therapy or medication.

**Support Groups:** Joining a support group can provide you with a sense of community and understanding. Connecting with others who have experienced or are experiencing depression can offer valuable support, encouragement, and shared coping strategies. You can find local support groups or explore online communities and forums.

**Trusted Friends and Family:** Talk to people you trust, such as close friends or family members, about what you're going through. Opening up about your feelings and experiences can help alleviate some of the emotional burden and provide you with a support network.

**Hotlines and Helplines:** Numerous helplines and hotlines are available to provide immediate support and assistance. Crisis helplines, suicide hotlines, or mental health support lines can offer a listening ear, crisis intervention, and referrals to appropriate resources in your area.

**Online Resources:** Utilize reputable online resources that offer information, self-help tools, and resources for managing depression. Websites like the National Alliance on Mental Illness (NAMI) or mental health organizations often provide educational materials, self-assessment tools, and practical advice.



**Self-Care:** Prioritize self-care activities that promote your well-being. Engage in activities you enjoy, such as hobbies, exercise, practicing

mindfulness or meditation, spending time in nature, or indulging in creative outlets. Taking care of your physical and emotional needs is crucial when dealing with depression.

**Medication:** In some cases, medication may be recommended as part of a comprehensive treatment plan for depression. Consult a psychiatrist or healthcare professional who can assess your symptoms and determine if medication is appropriate for your situation.

Remember, seeking support for depression is a positive step, and it's essential to find the approach that works best for you. Every person's journey is unique, and it may take time to find the right combination of support and treatment. Don't hesitate to reach out and explore these options until you find the help that resonates with you.



**Self-care. Connect**

**Contact your EAP at  
1-877-747-1200**