

# Depression

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## Washington State Employee Assistance Program

Olympia (360) 407-9490 ■ Statewide Toll-free (877) 313-4455

Depression is more than just a bad day.

Everyone has an occasional "bad day" with "blah" or "blue" feelings.

If those days persist or feelings intensify, however, the person may be dealing with the illness called depression. Depression is characterized by feelings of hopelessness, intense sadness, poor concentration, lack of energy, sleep disturbance, and, sometimes even suicidal thoughts.

Ask yourself, "When was the last time I laughed and enjoyed myself?" If the answer is, "Too long," you may be depressed.

Depression - like high blood pressure - is a treatable illness. Screening for depression only takes a few minutes, and many excellent treatments are available. Learn more about depression during a confidential visit to your EAP.

You can feel good again!