



NO, YOU CAN'T “JUST GET OVER IT”



Everyone feels “blue” sometimes, but when low feelings last for weeks at a time and interfere with daily life, it could be depression.

Depression is real, common and treatable. Your employee assistance program (EAP) provides confidential, free counseling and referral services that can help you overcome depression, anxiety and stress.

Let us help. Call today.

Contact your EAP for
confidential counseling and
assistance any time!

1-800-XXX-XXXX | www.achievesolutions.net/xxxx