



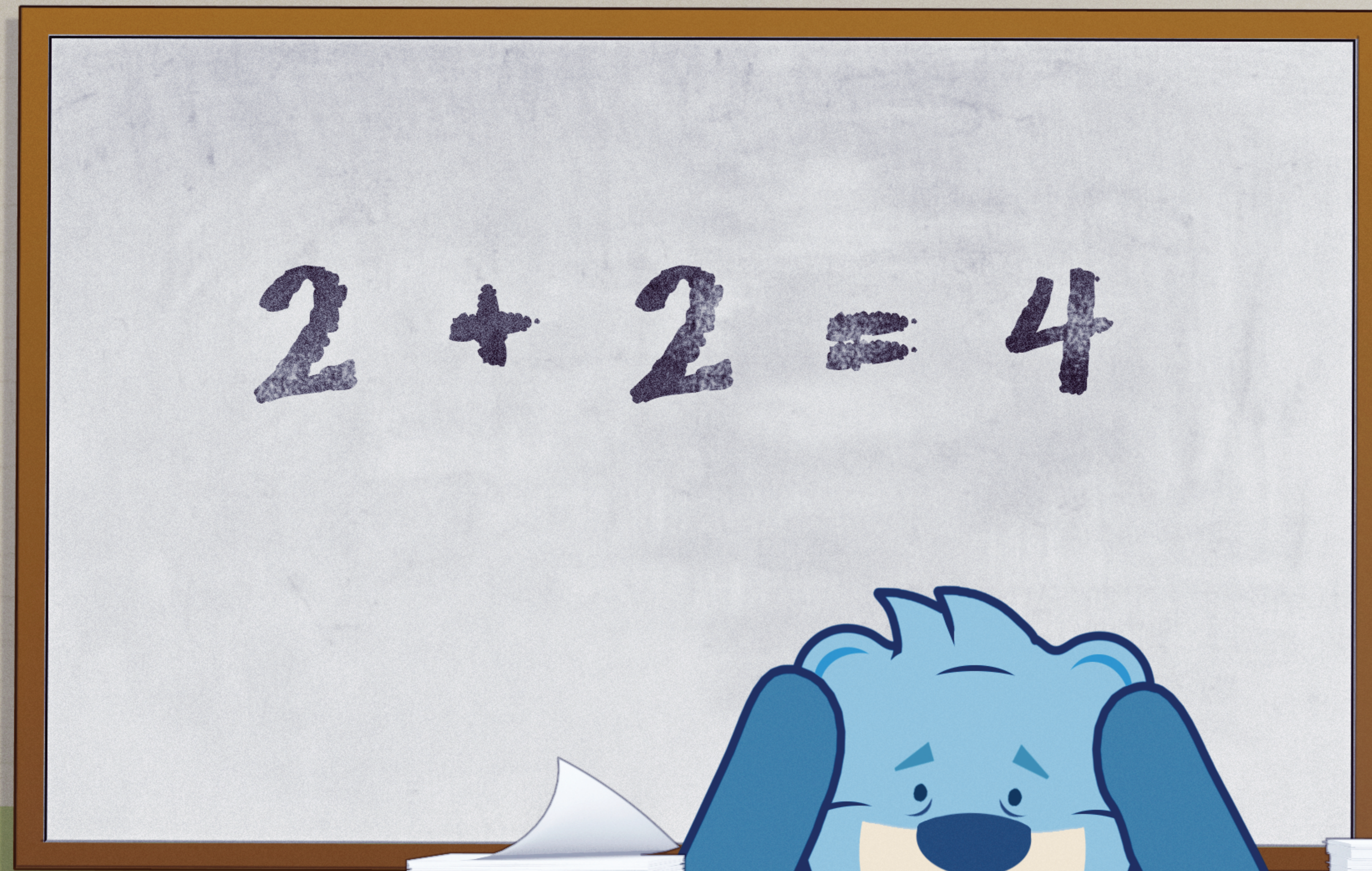
# RIGHT DIRECTION

## FEELING OVERWHELMED?

Are you having trouble sleeping, losing interest in what you used to enjoy, or unable to make decisions?

These may be signs of depression.  
It is more common than you think, and you are not alone.  
Help is available and it makes a difference.

Talk to your doctor, EAP, or health care provider and  
take the first step towards a Happier, Healthier You!



$$2 + 2 = 4$$

