

# RIGHT DIRECTION

**DOES EVERY DAY FEEL LIKE TOO MUCH WORK?**

**Difficulty concentrating? Frequently tired and not sleeping well?  
Trouble making decisions? These are all signs of depression.**

**Depression is more common than you think.  
You are not alone and there's help.**

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

