

RIGHT DIRECTION

You are not alone. There's help and hope.

A lack of concentration, loss of interest in activities previously enjoyed, chronic fatigue, and trouble making decisions are all signs of depression.

Depression is more common than you think.

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



Life is hard and may feel like nothing is going your way



Like you're alone and stuck in the middle of a storm



Sometimes we may need a little help to reach those sunny days

