



RIGHT DIRECTION

IT'S HARD TO DO YOUR BEST WHEN YOU DON'T FEEL YOUR BEST

**Feel like you're just going through the motions?
Always feeling tired, not enjoying life the way you used to,
and having trouble making decisions are all signs of depression.**

**It is more common than you think.
Help is available and it works.**

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